



THE CASTEL OF HELTH
CORRECTED
AND

in some places augmented,
by the fyrste authour
therof, syr Thomas
Elyot knyght,
the yete of
oure lord

1541



THE PROHEME OF

SIR THOMAS ELIOT KNYGHT

in to his boke, callyd the Castel
of helthe.



GALEN the most excellēt phisition
fearyd, that in wrytynge a com-
pendiouse Doctryne for the curing
of syckenes, he should lose all his
laboure, for as moche as no man
almoste dyd endeuoure hym selfe
to the fyndynge of truthe, but that all men dyd so
moche esteeme ryches, possessions, authority, and
pleasures, that they supposed theym, which were
studious in any parte of Sapience, to be madde
or distracte of theyre wittes: for as moch as they
demid the chiefe Sapience (which is in knowlege
of thynges belongyng as wel to god as to man)
to haue no beyng. Sens this noble wryter found
that lacke in his tyme, whan there flourysshed in
sundry countreys a great multitude of men excel-
lent in al kyndes of lerning, as it yet doth appere
by some of theire warkes, why shuld I be greuyd
with reproches, where with some of my countrey
do recompence me, for my labours taken without
hope of temporall rewarde, onely for the seruent
affectyon whiche I haue euer borne toward the
publike weale of my countrey: A worthy matter,
sayth one, sy Thomas Eliot is become a Phisi-
tion, and wrytethe in phisik, which besemeth not
a knyght, he mought haue ben moch better occu-
pyed.

Methodi.
li. i. fo. i.

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pied. Truly if they wil calle him a phisition, which
 is studious about the weale of his countray, I
 witsaue they so name me, for durynge my lyfe I
 will in that affection alway contynue. And why.
 I pray you, shulde men haue in disdayne or small
 reputation the science of phisicke: whiche beinge
 wel vnderstande, truly experienced, and discretely
 ordered, dothe conserue helthe, without the which
 all pleasures be payneful, ryches vnpoyntable,
 company annoiance: strength tourned to feblenes,
 beauty to lothesomnes, sciences are disperlid, elo-
 quence interrupted, remembraunce confoundyd.
 which hath bene considerid of wyse men not onely
 of the pryuate estate, but also of Emperors
 kynges, and other great prynces, who for the vni-
 uersall necessity and incomparable vtility, which
 they perceyuyd to be in that science of physycke,
 they dyd not onely aduaunce and honour it with
 speciall pryuyleges, but also dyuerse and many of
 theym were therein ryght studious, in soo moche
 as Iuba the kyng of Maurytania and Lybia,
 founde oute the vertuose qualities of the herbe
 called Euforbium. Gentius kyng of Illiria,
 founde the vertues of Gentiane. The herbe Lysim-
 machia, toke his name of kyng Lysimachus. Mi-
 thridates the greates kyng of Pontus, founde
 fyrste the vertues of Scordion, and also inuented
 the famousse medicine ageynst popson, callid Mi-
 thridate. Arthemisia queene of Caria, founde the
 vertues of motherworthe, which in latyne beareth
 her name, whereby her noble renome hath lengat
 continued,

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continued, than by the makynge of the famous monument ouer her dead husband, callyd Mausoleum, although it were recknyd amonge the wonderfull warkes of the worlde: and yet her name with the sayd herbe stil abydethe, whyles the sayd monument a thousand yeres passid was vtterly dissoluyd. It semith, that phisicke in this realme hath ben well esteemed, sence the hole studie of Salerne, at the request of a kynge of Englande, wrote and set forth a compendious and profitable treatyse, callyd the Gouvernaunce of helthe, in latyne Regimen sanitatis. And I truste in almighty god that our soueraygne lord the kinges maiesty, who dayly preparith to stablyshe among vs true and vncorrupted doctrines, wyll shortly examine also this parte of studie, in suche wyse, as thynges apte for medicine, growynge in this realme, by conference with most noble authours may be so knowen, that we shall haue lesse neede of thynges brought out of farre countreyes, by the corruption wherof innumerable people haue perished, withoute blame to be giuen to the physicians, sayynge onely, that some of them not diligent inough in beholdynge their drouges or ingredience at all tymes dispensid and tried.

¶ Besydes the sayde kynges, whome I haue reherced, other honorable personagis haue wryten in this excellent doctrine, and not only of the speculatyue parte, but also of the practyse therof: whose warkes doo yet remayne vnto their glory immortall, as Abicena, Auensoar, Rasis, Cornelius

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Iulus Celsus, Serenus, and whiche I shoulde
 haue first named, Machaon and Podalirius, no-
 ble dukes in Grecia whiche came to the spege of
 Troy, and brought with them. xxx. great shippes
 with men of warre. This well considerd, I take
 it for no shame, to studie that science, or to sette
 fourthie any booke of the same, beyng thereto
 prouoked by the moste noble and vertuose ex-
 ample of my noble mayster kynge HENRY the.
 viii. whose helthe I hartely pray god as longe
 to preserue, as god hath constitute mans lyfe to
 contynue: for his highnes hath not dysdained to
 be the chief authour and settar fourthie of an In-
 troduction in to grammer, for the childerne of his
 louing subiectes, wherby, hauing good maisters,
 they shall moste easely and in shorte tyme appre-
 hend the vnderstanding and fourme of speaking
 of true and eloquent latyne. O royall hatte, full
 of very nobility. O noble brest, settynge fourthie
 vertuous doctrine, and laudable study. But yet
 one thyng moche greuyth me, that notwithstanding
 I haue euer honoured, and specially fa-
 uourd the reuerend college of approuid phisitiōs.
 yet some of them hearyng me spoken of, haue said
 in derision, that all though I were prettily seene
 in histories, yet being not lernyd in phisicke, I
 haue putte in my booke dyuerse errours, in presu-
 mynge to wyte of herbes and medicines. Firste
 as concernynge histories, as I haue plantyd
 them in my warkes, beinge wel vnderstand, they
 be not soo lyght of importaunce as they done
esteeme

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esteeme theym, but may moze surely cure mennes
 affections, than diuerse phisitions doo cure mala-
 dyes. Noz whan I wrote fyrste this boke, I was
 not all ignozante in phisicke. for before that I
 was. xx. yeres olde, a worshipfull phisition, and
 one of the mooste renoumed at that tyme in Eng-
 land, perceyving me by nature inclined to know-
 ledge, rad vnto me the woorkes of Galene of tem-
 peramentes, natural faculties, the Introduction
 of Iohānicus, with some of þ Aphorismes of Hip-
 pocrates. And afterwarde by mine owne study,
 I radde ouer in order the moze parte of the wat-
 kes of Hippocrates, Galen, Oribasius, Paulus
 Celus, Alexander Trallianus, Celsus, Plinius &
 one and the other, with Dioscorides. Noz I dyd
 omit to reade the longe Canones of Auicenna, &
 Commentaries of Auerrois, & practises of Iake,
 Halyabbas, Rasys, Mesue, and also of the moze
 part of them which were their aggregatours and
 folowers. And all thoughe I haue neuer ben at
 Motpellier, Padua, noz Salern, yet haue I found
 some thyng in phisicke, whereby I haue taken
 no litle pofyte concernyng myne owne helthe.
 Nozcouer I wote not why phisitions should be
 angry with me, sens I wrote and dyd set fourth
 the Castel of helthe for their commodity, that the
 vncertayne tokens of brynes and other excre-
 mentes should not deceyue them, but that by the
 true information of the sycke man, by me instru-
 ctid, they mought be the moze sure to prepare me-
 dicines conuenient for the diseases. Also to the
 intent that men obseruyng a good order in dicte,
 and

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and preventing the great causys of sickenes, they shoulde of those maladies the soner be curyd. But if phisitions be angry, that I haue wryten phisike in englyshe, let theym remembre, that the grekes wate in greke, the Romanes in latyne. Auicenna, and the other in Arabike, whiche were their owne propre and maternal tonges. And if they had bene as moche attached with enuy and couaytise, as some nowe seeme to be, they wolde haue deuyfed somme particuler language, with a strange syphre o: fourme of lettres, wherein they wold haue wryten their science, which language o: lettres no man shoulde haue knowen that hadde not professyd and practised phisicke: but those, although they were painimes and Jewes, in this parte of charitye they farre surmountid vs Christians, that they wolde not haue soo necessary a knowledge as phisicke is, to be hyd frome them, whych wolde be studiouse aboute it.

Cynally god is my Iuge, I wryte neyther for glo:ry, rewarde, nor promotion, only I desyre men to deme wel myne intent, sens I dare assure them that all that I haue wryten in this boke, I haue gathered of the mooste princypall wrytars in phisicke. Whiche beinge thzoughly studied and well remembryd, shalbe profitable (I doubt not) vnto the reder, and nothyng no pouse to honeste physytyons, that doo measure theyr study, with moderate lyuinge
and Christian
Charity.

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IT MVSTE BE REMEMBRED,
that the number in the Table, dothe
sygnify the leaf, and the letter A. doth
sygnifie the fyrst page or syde, the let-
ter B, the seconde page or syde.

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I. Printed in London.

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Thus endeth the Table.





OF THE CONSERVATION
of the body of mankynde, within
the limitation of helth (whiche as
Galene saythe) is the state of the
body, wherein we be neyther gre-
ued with payne, nor lette from do-
inge our necessary busynesse, doth belongethe di-
lygent consyderation of thre sortes of thynges,
that is to say,

De tuen-
da familia,
te lib. 1.

{ Thynges Naturall,
{ Thynges not naturall, and
{ Thynges against nature.

¶ Thynges Naturall be. vii. in number.

{ Elementes.	{ Powers.
{ Complexions,	{ Operations and
{ Humours.	{ Spitites.
{ Members.	

¶ These be necessary to the beinge of helth, ac-
cordinge to the order of their kynde: and be al-
way in the naturall body.

¶ Thynges not naturall be fyve in number.

{ Fyre.	{ Emptinesse and re-
{ Meate and drinke.	{ pletion, and
{ Slepe and watche.	{ Affections of the
{ Meuinge and rest.	{ mynde.

¶ Thynges against Nature be thre.

{ Syckenesse.
{ Cause of syckenesse.
{ Accident, whiche foloweth sickenes.

B

Annexed

Cannered to thynges naturall.

{ Age. { fygure, and
 { Colour. { Dyuersitie of kindes.

THE Elementes be those originall thinges vnnmyxt and vncompounde, of whose temperance and myxture all other thynges, hauynge corporall substance, be compacte: Of them be foute, that is to saye.

{ Erthe. { Ayre and
 { water. { fyre.

ERTH, is the mooste grosse and ponderouse element, and of her proper nature is colde and drye.

WATER, is more subtyll and lyght thanne erthe, but in repecte of Ayre and fyre, it is grosse and heuie, and of her proper nature is colde and moiste.

AYRE, is more lyghte and subtyll than the other two, and beinge not altered with any exteriour cause, is properly hote and moiste.

FYRE, is absolutely lyght and cleare, and is the clarifier of other elementes, if they be bycypate o: out of their naturall temperaunce, and is properly hote and drye.

IT IS to be remembred, that none of the sayd elementes be commonly sene o: felt of mortal men, as they are in their originall being: but they, whiche by our senses be perceyued, be corrupted with mutual mixture, and be rather erthy, watry, airy, and fyry, than absolutely erth, water, ayre, & fyre.

Of

Of the complexion of Man. Cap. 2.

COMPLEXION is a combynation of two dyuers qualities of the foure elementes in one bodye, as hotte and drye of the fyre: hotte and moyste of the Ayre, colde and moyste of the water, colde and dry of the Erth. But although all these complexions be assembled in euery body of man and woman, yet the body taketh his denomination of those qualyties, whiche abounde in hym, more thanne in the other, as hereafter infeweth.

The Bodye, where heate and moysture haue souerayntie, is called *Sanguine*, wherein the Ayre hath p̄ceminence, and it is perceyued and known by these sygnes, whiche do folowe,

<i>Sanguine.</i>	Carnositie oꝝ fleshy nesse.
	The vaynes and arteries large.
	Heate plentie and redde.
	The visage white and ruddy.
	Sleape moche.
	Dreines of blouddy thynges, oꝝ thynges pleasaunt.
	Pulse great and full.
	Digestion perfecte,
Angry shortly.	
Siege, brine, and sweate abundaunt.	
Fallynge shortly in to bledynge.	
The brine redde and thicke.	

B.ii.

where

THE FYRSTE

Where colde with moysure preuaileth, that body is called *Fleumatike*, wherein water hath preeminence, and is perceyued by these signes.

Fleumatike {
 Facynesse, quauinge and softe.
 Waynes narrowe.
 Heare moche and plaine.
 Colour white.
 Sleape superfluous.
 Dreames of thynges watry or of fyssh.
 Slownesse.
 Dulnesse in lerninge.
 Smallnesse of courage.
 Pulse slowe and lyttell.
 Dygeston weake.
 Spyttell white, abundant, and thicke.
 Urine thick, white, and pale.

Cholerike is hote and dry, in whome the fyre hath preeminence, and is discerned by these signes folowinge.

Cholerike {
 Leanness of body.
 Costyfenesse.
 Heare blacke or darke aburne curled.
 Visage and skyn red as fyre, or salowe.
 Hote thynges noyfull to hym.
 Lyttell sleape.
 Dreames of fyre, fyghtyng, or anger.
 Wytte sharpe and quicke.
 Hardy and fyghtyng.
 Pulse swifte and stronge.
 Urine hyghe coloured and cleare.
 Cloyce sharpe.

Melancolyke is colde and drye, ouer whome the
erth hath dominio, & is perceyued by these signes

Leannesse with hardnesse of skynne.
Heare playne and thynne.
Colour duskysh, or white with leannes.
Moche watche
Dremes fearefull.
Stiffe in opinions.
Digestion slowe and yll.
Tymorous and fearefull.
Anger longe and frettinge.
Pulse lytle.
Seldome lawghynge.
Urine watry and thynne.

Melanco
like.

Besydes the sayd complexions of all the hole
bodye, theré be in the partycular members,
complexions, wherin if there be any distempe-
raunce, it byngeth sykenesse or grieve in to the
member. wherfore to knowe the distemperature,
these signes folowinge wold be considered. For-
sene, that it be remembred, that some distempera-
tures be symple, and some be compounde. They
whiche be symple, be in symple qualities, as in
heate, colde, moyste, or dry. They whiche be com-
pounde, are in compounde or myrte qualities: as
heate and moisture, heate and drythe, colde and
moyste, colde and drye. But nowe fyrste we wyl
speake of the symple complexions, of euery pyn-
cipall member, beginninge at the brayne.

But

The

T H E F Y R S T E

The brayne
exceeding in
heate hath

The heade and visage verpe redde
and hote.
The heare growinge faste blacke
and courled.
The vaines in the eyen apparant.
Superfluouse matter in the nose
chylles, eyen, and eares.
The head annoyed with hote mea-
tes, dynkes, and sauours.
Slepe shorthe and not sounde.

The brayne exce-
ding in cold hath

Muche superfluitie running
oute of the nose, mouthe, ea-
res, and eyen.
Heare streight and fyne, gro-
wyng slowly, and flaren.
The head disposed by smalle
occasion to pooles and
mures.
It is sone annoyed with cold
It is cold in touchinge,
Waynes of the eyen not sene.
Sleap somewhat.

Moyste in ex-
cesse hath

Heares plaine.
Seldome or neuer balde.
Wytte dulle.
Muche superfluities.
Slepe moche and depe.

The braine
dye hath

No superfluities runnyng.
Wyttes good and redy.
Watchfull.
Heares blacke harde and fast grow-
nyng.
Balde shortly.

Complexions compouned.

Brayne hot and
moyste distempe-
red hath

The head akynge and heupe.
Fulle of superfluities in the
nose.
The southern wind greuous.
The Northern wind hollome.
Slepe deepe, but vnquyete.
with often wakynge, and
straunge dreames.
The senses and wytte vnper-
fecte.

Brayne hot and
dye distempe-
red hath

None aboundaunce of super-
fluities, whyche maye be
expelled.
Senses perfecte.
Moche watche.
Sooner balde than other.
Moche heare in chyldhoode
and blacke or browne, and
courtyd.
The head hot and ruddye.

The

THE FYRSTE

Bayne
colde and
moist di-
spersed
hath

The senses and wytte dulle.
Moche sleape.
The head sore replenysched with su-
perfluouse moisture.
Distillations and poses o; mures.
Not shortly balde.
Soone hurte with colde.

Bayne
cold and
dry dis-
ped hath

The head colde in felynge and with-
out colour.
The baynes not appearynge.
Soone hurte with colde.
Often discoloured.
Wyte perfecte in chyldehode,
but in age dulle.
Aged shortly and balde.

Of the Harre.

The hart
hote dis-
ped hath

Moche blowinge and puffinge.
Dulle swifte and busye.
Hardynesse and manhode moche.
Promptnes actiuitie and quickenes
in doinge of thinges.
Fury and boldnesse.
The brest heary toward the lyft side.
The brest brode, with the head lytle.
The body hote, except the A puer do
lette it.

The

The hart cold di-
stempered hath

The pulse very lyttell.
The bꝛethe lyttell and slowe.
The bꝛeste narrowe.
The body all colde, except the
lyuer dothe inflame it.
fearefulnesse.
Scrupulosite, & moche care.
Curiositie.
Slownesse in actes.
The bꝛeaste cleane withoute
heares.

The harte moiste
distempered hath

The pulse softe.
Sone angry & sone pacified.
The body all moist, except the
lyuer disposeth contrary.

The harte dry di-
stempered hath

The pulse harde.
Not lyghtly angry, but being
angry, not sone pacified.
The body dry, except the lyuer
doth dispose contrary.

The harte hotte
and moyste

The bꝛeast and stomake heary.
Promptnes in actes.
Soone angrye.
Fiersnesse but not so moche as
in hotte and drye.
Pulse softe, swifte, and busy.
Bꝛeth oꝝ wynd accordinge.
Shortly falleth in to diseases
caused of putrifaction.

The

The

T H E F Y R S T E

The harte hotte
and drye hath

The harte poulse greatte and
swift.

The bꝛeth oꝝ wind accoꝝdinge.

The bꝛeaste and stomake all
heary.

Quicke in his doinges.

Boldnes and hardinesse.

Swyft and hasty in mouinge.

Soone styꝛed to anger, and ty-
rannous in maners.

The bꝛeaste brode, and all the
body hotte and drye.

The harte colde
and moyste hath

The pulse softe.

fearfull and timorous.

Slowe.

The bꝛest clene without heare.

Not hastylie angꝛe, noꝝ re-
tayninge angꝛe.

The bꝛeast narrowe.

All the body colde and moyste.

The harte colde
and drye hath

The pulse harde and lyttel.

The wynde moderate.

Seldome angꝛe, but whan
it hapneth, it dureth longe.

The bꝛeaste cleane withoute
heare and lyttel.

All the body colde and drye.

DE

Of the Lynet.

The lyuer in hete
distempered hath

The baynes large and hard.
The blood thicke by reson of
vehement heate consuminge
the suttel partes of moisture.
The bealy heary.
All the body hotte excedynge
temperance.
Moche red choler and bytter
in yowth.
Moche blacke cholet toward
age by adustio of red choler.

The lyuer colde di-
stempered hath

The baynes smalle.
Abundance of fleume.
The blood thinne and fleu-
matyke.
Al the body cold in feling, &
The bealy without heare.

The liuer moist di-
stempered hath

The baynes softe.
Moche bloude and thinne.
All the body moist in feling
except the harte disposeth
it contrary.

The lyuer drye di-
stempered hath

The baynes harde
The blood lytel and thicke.
All the body drye.

Cii

The

Galenus
in arte par
ua. lib. 2.

THE complexionis compounde, maye be de-
cerned by the sayde symple qualyties. And here
it is to be noted, that the heate of the harte maye
banquyshe the colde in the lpuer. For heate is in
the harte, as in the fountayne oꝝ spynges, and in
the Lpuer, as in the Rpuer.

Of the stomacke.

The stomake hot
distempered.

He digesteth welle, speciallpe
harde meates, and that wyl
not be shortly altered.

Lpyght meates, and soone al-
tered, be therin corrupted.

The appetite lyttell and slow.

He delytethe in Meates and
drynkes, whyche be hotte, for
euery natural complexion de
lyteth in his semblable.

The stomak cold
distempered

He hath good appetite,
He dygesteth yll and slowely,
specyally grosse meates and
harde.

Cold meates doth waxe soure
beinge in him vndigested.

He delytethe in Meates and
drynkes, which be Cold, and
yet of them he is indamma-
ged.

He

The stomake
moist distemp:yd

He thyrsteth but seldome, yet
he despyeth to drynke.
With superfluouse drynke
he is hurte.
He delyteth in moist meates.

The stomake dry
distempered,

He is soone thyrsty.
Content with a lyttel drynke.
Diseased with moche drynke.
He delyteth in dry meates.

¶ IT IS TO be noted, that the dyspositions ^{Galenus} of the stomake naturall, doo despye that whiche ^{in arte} is of lyke qualities. The dispositions vnnatural ^{parua} do despye thinges of contrary qualyties.

¶ Also not the stomacke onely causeth a man to thyrste or not thyrste, but also the lyuer, the lunges, and the harte.

¶ Of the genytories or ston-
nes of generation.

The Genytories
hot dystempered

Greatte appetyte to the act of
generation.
Ingendrynge men chyldren.
Heate soone growen aboute
the members.

The Genytories
cold distemp:yd

Smalle appetyte to the acte
of generation.
Ingedrynge women chyldren.
Slowe greuthe of heate a-
bout the members.

Cui

Sede

THE FYRSTE

Galenus
in arte par
ua. lib. 2.

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cerned by the sayde simple qualyties. And here
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the harte, as in the fountayne oꝝ spyngge, and in
the Lyuer, as in the Ryuer.

Of the stomacke.

The stomake hot
distempered.

He digesteth welle, speciall ye
harde meates, and that wyl
not be shortly altered.
Lyght meates, and soone al-
tered, be therein corrupted.
The appetite lyttell and slow.
He delyteth in Meates and
drynkes, whyche be hotte, for
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cold distempered

Smalle appetyte to the acte
of generation.
Ingedrynge women chyldren.
Slowe grouthe of heate a-
bout the members.

THE FYRSTE

The genitozies } Sede abundaunt but thynne
moist distempred } and watty.

The genitozies } Sede lyttell but metely thicke
dye distempred } in substance.

The genitozies } Lasse appetite to lechery, than
hote and moiste } in them, whiche be hot & dry.
More puissaunce to doo it, and
with lasse damage.
Hurt by absteynyng from it.
Lesse herines than in hot & dry.

The genitozies } The sede thicke.
hote and dye } Moche frutefulnesse of Ge-
neration.
Greate appetite and redynesse
to the acte,
Heare about the members sone
growen.
Swiftnes in spedig of the act.
Sone therwith satisfied.
Damage by vsynge therof.

The genitozies } The sede watty and thynne.
colde and moyst } Lyttell desyre to the acte, but
more puissaunce than in them
whiche be colde and dye.
Lyttell heares oꝝ none aboute
the members.

Heares

The genitoꝛies
colde and drye

Beares none oꝛ fewe.
Litel apeteite oꝛ none to lechery.
Lytell puissance to do it.
Ingendꝛyng more females
than men chylderne.
That lytell seede that is, is thicke
ther than in colde and moyste.

Of humours.

IN THE body of Man be foure principall humours, whiche contynuinge in the proportion, that nature hath lymytted, the body is free from all syckenesse. Contrary wise, by the increase oꝛ diminution of any of them in quantitie oꝛ qualitytie, ouer oꝛ vnder their natural assignement, inequall temperature commeth in to the body, whiche syckenesse, foloweth more oꝛ lasse, accoꝛdyng to the lapse oꝛ decaye of the temperatures of the sayd humours, whiche be these folowinge.

{ Bloudde, { Choler,
{ Fleume, { Melancoly.

Bloudde hath pꝛeeminence ouer all other humours in susteynyng of all lyuyng creatures, foꝛ it hath more conformitie with the originall cause of lyuyng, by reason of temperatenes in heate and moysture, alsoo nourisheth more the body, and restoreth that whiche is decayed, beinge the very treasure of lyfe, by losse wherof, deathe immediatly foloweth. The dystemperature of bloud hapneth by one of the other thye humours by the inoꝛdinate oꝛ supfluous mixture of them.

Of

THE FYRSTE

The genitories { Sede abundaunt but thynne
moist distempred } and watty.

The genitories { Sede lyttell but metely thicke
dye distempred } in substance.

The genitories { Lasse appetite to lechery, than
hote and moiste } in them, whiche be hot & dye.
More puissaunce to doo it, and
with lasse damage.
Hurt by abstepnyng from it.
Lesse herines than in hot & dye.

The genitories { The sede thicke.
hote and dye } Moche frutefulness of Ge-
neration.
Greate appetite and redynesse
to the acte,
Heare about the members sone
growen.
Swiftnes in spedig of the act.
Sone therwith satisfied.
Damage by vsynge therof.

The genitories { The sede watty and thynne.
colde and moyst } Lyttell desyre to the acte, but
more pupsaunce than in them
whiche be colde and dye.
Lyttell heares oꝝ none aboute
the members.

Heares

The genitozies
colde and drye

Heares none oꝝ fewe.
Litel appetite oꝝ none to lechery.
Lytell puissance to do it.
Ingendyrnge moze females
than men chylderne.
That lytell seede that is, is thicke
her than in colde and moyste.

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Bloudde hath preeminence ouer all other humours in susteynyng of all lyuynge creatures, for it hath moze conformitie with the originalle cause of lyuynge, by reason of temperatenes in heate and moysture, alsoo nourisheth moze the body, and restozeth that whiche is decayed, beinge the very treasure of lyfe, by losse wherof, deathe immediately foloweth. The dystemperature of blood hapneth by one of the other thye humours by the inordinate oꝝ supfluous mixture of them.

¶

THE FYRSTE

Of fleume.

Fleume is of two sortes, { Naturall and
Unnaturall.

Naturall fleume is a humour cold and moyst, white & swete, or without tast, ingendred by insufficiēt decoctiō in the second digestiō of y watty or raw partes of the matter decoct called Chylus, by y last digestiō made apt to be cōuerted into bloud, in this humour, water hath dominiō most p̄ncipal.

Fleume unnaturall is that, whych is myrte with other humours, or is altered in his qualitie: And therof is. viii. sondry kyndes.

Watty, whych is founde in spettyll of great drinkers, or of them, whiche digeste yll.

Slymy or rawe.

Glaspy, lyke to whyte glasse, thicke, viscouse lyke byrde lyme and heup.

Plasty, whiche is very grosse, & as it were chalky, such is found in the ioyntes of them, which haue the gowte.

Fleume. Salt, whiche is myngled with coler. Sower, myrte with melancoly, which commeth of corrupt digestion.

Harsh, thicke and grosse, whiche is seldome founden, whiche tasteth lyke grene crabbes or sloes.

Stiptyke or bindinge, is not so grosse nor cold, as harsh, and hath the taste lyke to greene redde wyne, or other like, straininge the tunge.

Choler

Choler doth particypate with naturall heate as longe as it is in good temperaunce, and thereof is also two kyndes.

{ Naturall and
{ Unnaturall.

Choler natural,

{ Naturall coler is the some of bloud, the coloꝝ wherof is redde and clere, oꝝ moze lyke to an oꝝege colour, and is hot and drye, wherin the fire hath dominion, and is lyght and sharpe, and is ingendꝛed of the most subtyll parte of matter decocte, oꝝ boyled in the stomacke, whose beginnunge is in the lyuer.

CUnnaturall choler is that whiche is myrte oꝝ corrupted with other humours, wherof be foure kyndes.

Choler vn natural

{ Citrine oꝝ yelowre choler, which is of the mixture of natural choler & watry fleume, & therfoze hath lesse heat than pure choler.

{ Yelky, like to yelkes of egges, which is of þ mixture of fleume congeled, & choler natural, and is yet lasse hote than the other.

{ Grene like to lekes, whose begining is rather of þ stomak, than of þ liuer.

{ Grene like to grene caker of mettall, & bourneth like venim, & is of exceeding adustio of choler oꝝ fleum: & by these two kides nature is mortified.

D

Melan-

Melancoly oꝛ blacke choler is
deuyded in to two kyndes.

Naturall, whyche is the dregges of pure
bloud, and is knowen by the blacknes, whā
it issueth either downewarde oꝛ bpwarde,
and is verily colde and drye.

Unnaturalle, whyche procedeth of the ad-
uision of colerik mixture, and is hotter and
lighter, hauynge in it violence to kyll, with
a daungerous disposition.

Meates ingendrynge
cholet.

Garlyke.
Onyons,
Kokat,
Karses.
Lekes,
Mustarde,
Pepper,
Honye,
Weyne moche dronken.
Swete meates

Meates ingendrynge
fleume.

All synye and clea-
uynge meates.
Chese newe,
All fysh, specially in a
fleumatike stomake.

Inwardes of beastes.

Lambes fleshe.
The synewe partes of
fleshe.
Skynnes.
Brynes.
Lunges,
Kapes,
Cucumbers,
Replecion,
Lacke of exercise.

Meates ingendrynge
melancoly.

Biefe.
Goats fleshe.
Hares fleshe.
Bores fleshe.
Salte fleshe.
Salte fysh.

Colewortes.	Blacke wyne,
All pulse, excepte whyte	Olde chese.
peason.	Olde fleshe.
Browne breadde course.	Great fishes of the sea.
Thycke wyne.	

¶ Of the members.

¶ There be diuersities of members, that is to saye.

Principall members.	{	The brayne.
		The harte,
		The lyuer,
		The stones of generation.

Officiale members.	{	Synewes, whiche doo serue to the braine.
		Arteries, or pulses, whiche do serue to the harte.
		Vaynes, which do serue to the lyuer.
		Vessels spermatike, wherein mannes seede lyeth, whiche doo serue to the stones.

Partes called Si- milares, for beinge deuyded, they re- main in them self like as they were.	{	Bones.
		Gristell.
		Calles betwixt the vttermoste skinne and the fleshe.
		Muskels or fylets.
		Fatte.
		Fleshe.

D ii

Mem=

THE FYRST

Members in-
strumentall. } The stomake.
 } The raines.
 } The bowelles.
 } All the great synewes.
These of their vertue do appetite meate & alter it.

Meates whiche do hurte
the teethe.

¶ Very hotte meates.
Buttes,
Swete metes & dykes
Radyſhe rootes,
Harde meates.
Mylke.
Bytter meates.
Moche vomyte.
Leekes,
Fyſhe fatte.
Lymones.
Colewortes.

Thynges which do hurt
the eyes.

¶ Drunkennesse.
Lecherye.
Muſte,
All pulſe.
Sweete wyne, and
thycke wyne,
Hempe ſede.
Very ſalte meates

Garlyke,
Onyons.

¶ Colewortes,
Radyſhe.
Reedyng after ſupper
immediatly.

Makynge great oppi-
lations.

¶ Thycke mylke.
All ſwete thynges.
Rye breadde.
Sweete wyne.

Meates inflatyng or
wyndye

¶ Beanes.
Lupines.
Ticer,
Mille,
Cucumbers.
All iuyce of herbes.
Fygges dyne.
Rapes,
Rauenes rawe.

Mylke

Myllke.
Hony not well clarified.
Swete wyne,
Muske.

Things good for a colde
head.

Cububes.
Salingale.
Lignum aloes.
Maiozam,
Baulme myntes.
Gladen.
Nutmygges,
Muske,
Rosemarpe,
Roses,
Dionpe.
Hyslope,
Sppke,
Yreos.
Denytopall.
Saulge.
Elycampane.
Calampnt.
Betayne.
Sauery.
fenell.
Labdanum.
The leues of laurell.
Ambra.

Camomylle.
Mellypote.
Kewe,
frankincense.

Hotte thinges conseruynge
a colde Harte.

Cynamome.
Saffron.
Coralle.
Cloues,
Lignum aloes.
Perles,
Macis,
Baulme myntes.
Myrabolanes,
Muske.
Nutmygges,
Rosemarpe.
The bone of the harte
of a redde deere.
Maiozam,
Buglosse.
Bozage.
Setuall.
Golde.
Ambra.
Cardainomum.
Basyll.
Been redde and whyte.
Betayne,

D iii

Things

THE FYRSTE

Thynges good for the
Lyuer.

Wormewode.
Wyth wynde.
Agrimonye.
Saffron.
Cloues.
Endyue.
Lyuerwort.
Cykorie.
Plantayne.
Dragons.
Raysons greatte.
Saunders.
fenell.
Violettes.
Rosewater.
Lettysc.

Thynges good for the
Lunges.

Elycampane.
Hyslope.
Scabiose.
Lykoryse.
Raysons.
Mayden heare.
Penidies.
Almondes.
Dates.
Pystaces.

Thynges good for the
eyes.

Eyebyght.
fenell.
Ueruy.
Roses.
Celandyne.
Agrimonye.
Cloues.
Colde water.

Thynges makynge the stoz.
make stronge.

Mirabolanes.
Autmygges.
Oganum.
Pystaces.
Quynces.
Olybanum.
wormewode.
Saffron.
Cozalle.
Agrimonye.
funytoye.
Galyngale.
Cloues.
Lignum aloes.
Mastix.
Mynte.
Spodium.
The innermost skine
of

of a hennes gysar.
 Coiander prepared.
 Olyue beries.
 Raysons.
 Nuttes with fyges.

The ride of an ozege.
 Rowghe wynges.
 Wormwode stiped in
 wyne or ale.
 Carte grapes. Aloes.

Of Powers.

{ Anymall,
 { Spirituall,
 { Naturall.

Naturall power, { Whiche dothe mynister.
 { To whome is mynistered.

Whyche dothe mynister, { Appetiteth,
 { Retaineth,
 { Digesteth,
 { Expelleth.

To whome is mynistered, { Ingendreth,
 { Nourisheth,
 { Feedeth.

Power spirituall { Warkynge, whyche delateth
 { the harte and arteries, and
 { estelesones strayneth them.
 { Wroughte, whyche is styred
 { by an exterior cause to worke,
 { whereof cometh anger, indi-
 { gnation, subtilitie, and care.

Thas

THE FYRSTE

Power animall

{ That whyche ordeyneth, dys-
cerneth, and composeth.
That moueth by voluntarie
mouyon.
That whyche is called sensy-
ble, whereof do procede the
fyue wyttes.

Of that which ordeyneth do pcede

{ Imagination in the forehead.
Reason in the brayne.
Remembrance in the nobell.

Operations.

{ Appetite by heate and drythe.
Digestion by heate and moisture.
Retaynyng by colde and drythe.
Expulsion by cold and moyst.

Spirit is an ayry substance subtyll, styrynge the powers of the body to perfourme theyr operations, which is dyuyded into

Spirit

{ Naturall, whiche taketh is beginninge of the lyuer, and by the baynes, whiche haue noo poulse, spredeth into all the holle bodye.

{ Vitall, whiche procedeth from the harte, and by the arteries or pulses is sente into all the body.

{ Anymalle, whyche is ingendred in the brayne, and is sente by the synewes throughout the body, and maketh sence or feylng.

An

Annexted to thynges naturall.

Adolescency to. xxv. yerres, hotte
and moyst, in the whiche tyme
the body groweth.

Iuuentute vnto. xl. yerres, hotte
and drye, wherein the body is in
perfyte growthe.

Ages be foure. Senectute, vnto. lx. yerres, colde
and drye, wherein the bodye be-
ginneeth to decreace.

Age decrepitate, vntil the last tyme
of lyfe, accidentally moist, but na-
turally cold and dry, wherein the
powers and strength of the bo-
dy be moze and moze minished.

Colour.

{ Of inwarde causes.

{ Of outwarde causes.

{ Of equalitytie of humoures, as
he that is redde and white.

{ Of inequalitytie of humoures,
wherof doo procede, blacke, sa-
lowe, or white onely.

Colour of in-
ward causes,

Redde,

Blacke,

Salowe,

White, colde of fleume.

Pale, colde of melancolye.

Redde, abundaunce of bloudde.

Salowe, choler citrine,

Blacke, melancoly or coler adust.

E

Of

THE FYRSTE

Coloure of out-
warde causes.

{ Of colde oꝝ heate, as englyshe
me be white, Moies be black.
Of thynges accydentalle, as
of feare, of anger, of sorowe, oꝝ
other lyke motions.

Coloure of
heare.

{ Blacke, either of abundaunce of co-
ler inflamed, oꝝ of moche incen-
dyng oꝝ aduision of bloudde.
Red heare of moche heate not adust.
Gray heares of abundaunce of me-
lancholye.
Whyte heares of the lacke of natu-
rall heate, and by occasyon of
fleume purrified.

All the resydue concerninge thynges naturall,
conteyned in the Introduction of Joannicius,
and in the lyttell crafte of Salene, I purpose
passe ouer for this tyme, for asmoche as it dothe
requyre a redet haupngt some knowlege in phi-
losophye naturall, oꝝ els it is to harde and tedy-
ouse to be vnderstande.

The seconde Table.

THYNGES not Naturall be soo called, by
cause they be no portion of a naturall body,
as they be which be called Naturall thynges: but
yet by the temperance of them, the body beinge in
healike, is therin pꝛeseruyd. By the dystempe-
raunce

raunce of them, syckenesse is induced, and helth is dissolued.

The syfte of thinges not naturall is ayre, or breth which is properly of it selfe, or of some materiall cause or occasion, good or ill.

That which is of it selfe good, hath pure vapours, and is of good sauour.

Also it is of it selfe swifte in alteration, from hotte to colde, wherein the body is not moche prouoked to sweate for heate, ne to chylle for vehemency of colde.

Ayre among al thinges not natural, is chiefly to be obserued, forasmuch as it dothe both inclose vs, and also enter into our bodies, specially the moste noble member, which is the Harte, and we can not be sepetate one howre from it, for the necessity of breathinge and fetchinge of wynde.

The causes, whereby the ayre is corrupted, be specially foure.

Influences of sundry sterres.
Greate standynge waters neuer refreshed.

Catayne lyenge longe aboue grounde.

Much people in smal rounge liuing vnclenly and stutishely.

Wyndes bynggung
hollsome ayre,

North, which prolongeth
lyfe by expoullynge ylle
vapours.

East is temperat & lusty.

East

South

THE FYRSTE

Wyndes byn- } Southe corruptethe, and ma-
gynge yll ayre. } keth yll vapours.
weste, is very mutable, why-
che nature doth hate.

Of meate and drinke.

In meate and drynke we muste consyder fyve thynges.

Substaunce,
Quantitie,
Qualitie,
Custome.
Tyme,
Order.

Substaunce, somme is good, whiche maketh good iuyce, and godd bloudde: some is ylle, and ingendzeth yll iuyce, and yll bloudde.

Meates and drynkes makynge good iuyce.

Bread of pure flour
somewhat leuened,
well baked, not to olde
nor to stale.

Egges of fesautes hen-
nes or partriches newe
layd, poched, meane be-
twene tere and harde.

Mylke newe mylled
or onke fastynge, wher-
in is sugar, or the lea-

ues of myntes,
fesautes.

Partriches or chickens.

Capons or hennes.

Byrdes of the fieldes.

Fishe of stony ryuers,

Deale suckinge,

Porke ponge.

Biefe not passynge thre
yeres.

Dygeons.

Uenysen

Wenyson of redde d ere.
 Pease potage with
 myntes,
 Fete of swine oꝝ calues.
 Fygges ripe, & befoze
 Raysons, & meales.
 Bozage.
 Languedebiefe.
 Persely.
 Myntes.
 Ryse with almōd mylk.
 Letyse,
 Cytronie.
 Grapes rype.
 Wyne good moderat-
 ly taken, well fyned.
 Ale and biere syr dayes
 old, cleane bꝛewed, and
 not stronge.
 Birthe and gladnesse.
 The lyuer and bꝛaynes
 of hennes and chykens
 and ponge geese.

Meates and drynkes ma-
 kyng yll iuyce.

Olde byefe.
 Olde mutton.
 Geese olde.
 Swanne olde.
 Duckes of the kanell.

Inwarde of beastis.
 Blacke puddynge.
 The hart lyuer and kyd-
 neys of all beastes.
 The bꝛaynes and mary
 of the backbone.
 Wodde culuers.
 Shell fysh, excepte cre-
 uise deau doulce.
 Chese harde.
 Apples and peres mo-
 che vſed.
 Fygges and grapis not
 rype.
 All rathe herbes, except
 letise, bozage, & cykoꝝ.
 Oniōs, & cōtinuelly eatē
 Garlik, & specially of the
 Lekes, which be chole-
 ryke.
 Wine in must oꝝ soure.
 Feare, sorowe, pen-
 syfenesse.

Meates makynge thycke
 iuyce.

Rye bꝛeadde.
 Muste.
 Bꝛeadde without leuen.
 Cake bꝛeadde.
 Sea fysh, greatte.
 C ii Shelle

THE SECONDE

Shelle fysh.
 Biese,
 The kydneyes.
 The lyuer of a wyne,
 The stones of beastes.
 Aslike moche sodden.
 Rapes.
 All rounde rootes,
 Cucumbers,
 Swete wyne.
 Deepe redde wyne.

Fenell.
 Cheese,
 Egges fryed o; harde,
 Chelken nattes,
 Flawes,
 Fygges grene.
 Appuls not rype.
 Pepper,
 Roket.
 Liches,
 Onyons, moche bled.

THE SECONDE BOKE.

Of Quantitie. Ca. 1.



THE Quantitie of meate muste be proportioned after the substance and qualite therof, and accordinge to the complexion of hym that eateth. First, it ought to be remembred, that meates hote and moyste, whiche are qualites of the bloudde, are soone tourned into bloudde, and therfore moche nourisheth the body. Some meates do nourish but lyttell, hauinge lyttell conformite with bloudde in their qualities. Of them, whiche do nourish, some are more grosse, some lyghter in digestyon. The grosse meate ingendureth grosse bloudde, but where

where it is well concocted in the stomake, and well digested, it maketh the fleshe more fyne, and the officiall members more stronge, thanne fyne meates. Wherfore of men, which vse moch laboꝝ oꝝ exercise, also of them, which haue very cholerike stomackes here in Englande, grosse meates may be eaten in a great quantitie: and in a cholerike stomake biese is better dygested than a chickens legge, forasmuche as in a hotte stomacke fyne meates be shortly aduste and corrupted.

Concocted
or boyled

Adust or
burned.

Contrarywise in a colde oꝝ fleumatyke stomacke grosse meate abydeith longe vndigested, and maketh putrified matter: lyght meates therfore be to suche a stomacke more apte and conuenient. The temperate bodye is beste noutysshed with a lyttell quantitie of grosse meates: but of temperate meates in substance and qualtye, they maye safelye cate a good quantitie. Forseene alway, that they cate withoute gourmandyse, oꝝ leaue with somme appetyte. And here it wolde be remembred, that the choleryke stomacke doth not desyre soo moche as he maye dygest: the melancholye stomacke maye nat dygeste soo moche as he despyeth. For colde maketh appetite, but naturall heate concocteth oꝝ boyleth. Not withstandinge vnnaturall oꝝ supernaturall heate distroyeth appetite, and corrupteth dygestion, as it appeteth in feuers. More ouer, fruytes and herbes, speciallye rawe, wolde be eaten in a small quantitie, all thoughe the persone be very choleryke, forasmuche as they do ingender thynne,

watrye

Gourmandyse
or
glouteny.

watrye bloudde, apte to receyue putrefactyon,
 whyche all thowghe it be not shortlye percey-
 ued of theym that vse it, at lengthe they feele it
 by sondre dysleases, whyche are longe in com-
 mynge, and shortlye sleeth, or be hardely esca-
 ped. Finally, excesse of meates is to be abhor-
 red. For as it is sayde in the booke called Eccle-
 siasticus, In moche meate shall be syckenesse,
 and inordinate appetite shall appoche vnto cho-
 ler. Semblablye, the quantitie of drynke wolde
 be moderated, that it excede not, nor be equalle
 vnto the quantitie of meate, specially wyne, whi-
 che moderately taken, aydeth nature, and com-
 forteth her, and as the sayde authour of Eccle-
 siasticus sayth, Wyne is a reioynginge to the soule
 and bodye. And Theognes saythe, in Galenes
 worke, A large draught of wyne, is yll. A mode-
 rate draught is not onely not yll, but also commo-
 dious or profytable.

Of qualitie of meates. Cap. 2.

Qualytie is in the complexion, that is to say,
 it is the state therof, as Hotte or colde, moist
 or dry. Also some meates be in wynter colde
 in acte, and in vertue hote. And it wolde be con-
 sidered, that euerye complexion temperate and
 vntemperate, is conserued in his state, by that
 whyche is lyke therto in fourme and degree. But
 that whyche excedeth moche in dystemperaunce,
 by that whyche is contrarie to hym in fourme or
 qualitie

qualytie, but lyke in degree moderately vsed. By
fourine is vnderstand grossnesse, fynnesse, thic-
kenesse, or thynnesse, by degree, as the fyrste, the
seconde, the thyrde, the fourthe, in heate, colde,
moysture, or drythe.

Of Custome. Capit. 3.

Custome in feedynge is not to be contemned.
or lyttell regarded: for those meates, to the
whiche a man hath bene of longe tyme accusto-
med, though they be not of substance commen- Hippocra
dable, yet do they somtyme lasse harne than bet- res apho-
ter meates, wherunto a mā is not vsed. Also the rismo. 2.
meates and drynkes, whiche do moch delyte hym
that eateth, are to be preferred before that, which
is better, but more vnsauerye. But yf the cu- Galenus.
stome be soo pernyciouse, that hit needes muste
be lefte, thanne wolde it be withdrawen by lyt-
telle and lyttelle in tyme of healthe, and not of
sickenesse. For yf it shoulde be withdrawen in
tyme of sicknesse, Nature shulde susteyne tre-
ble dettirement, fyrste by the grief induced by syk-
nesse, seconde by receyvinge of medicines, third-
ly by forbearynge the thyng, wherin she deliteth.

f

Of

THE SECONDE
Of the temperature of meates to be
receyued. Cap. 4.

TO kepe the body in good temper, to theym, whose naturall complexion is moyste, ough to be gyuen meates, that be moyste in vertue or power. Contrarywise to theym, whose naturall complexion is drye, ought to be gyuen meates drye in vertue or power. The bodyes vntemperate, suche meates or drynkes are to be gyuen, which be in power contrary to the distemperance, but the degrees are alwaye to be considered, as welles of the temperaunce of the bodye, as of the meates. For where the meates doo moche exceede in degree the temperature of the bodye, they annoyne the body in causyng distemperance, As hot wyues, pepper, garlycke, onyons, and salte, be noyfull to theym, whyche be choleryke, bycause they be in the highest degree of heate and drythe, above the iuste temperaunce of mannes body in that complexion. And yet be they oftentymes hol some to them, whiche be fleumatike. Contrarye wyse, colde water, colde herbes, and colde frutes moderately vsed, be hol som to cholerike bodyes. by puttynge away the heate, exceedinge the naturall temperature: and to them, whyche be fleumatyke, they be vnhol some, and doo bypasse into them distemperance of colde and moist.

what

What distemperaunce hapneth by the excesse
of sundry qualities in meates and
drynkes. Cap. 5.

Colde, do congele and mortifye.
Moyst, do putrifie and hasten age.
Drye, sucketh vp naturall moisture.
Clammy, stoppeth the issue of vapors
and brine, and ingendzethe tounge
fleume and grauell.
fatte and oily, swymmeth longe in
the stomake, and byngeth in lothe-
somesse.

Meates < Bitter, dothe not nouryshe.
Salte, do frette moche the stomake.
Harsh, lyke the taste of wyld frui-
tes, do constipate and restrayne.
Swete chauffeth the bloudde, and
causeth opilations or stoppynges of
the pores and cundytes of the body.
Solwe cooleth nature, and haste-
neth age.

¶

what

THE SECONDE

¶ What commoditie happeneth by the moderate
vse of the sayd qualities of meates
and drynkes. Cap. 6.

Cold asswageth the burning of coler.
Moist humecteth that which is dried.
Dry, consumeth superfluous moisture
Clammye, thyecketh that, whiche is
subtyll and persynge.

Bytter, clenseth and wyppeth of, also
mollifieth and expelleth fleume.

Meates.

Salte, relenteth fleume clammy, and
dryeth it.

Fatte and vnctuous, nourisheth, and
maketh soluble.

Stiptike or rough on the tonge, byn-
deth and comforteth appetite.

Swete, dothe cleanse, dissolue, and
noury the.

¶ Of breadde. Cap. 7.

Breadde of fyne floure of wheate, haunyng
no leuyn, is slowe of digestion, and maketh
symy humours, but it nouryseth moche: if it be
leuyned, it digesteth sooner: breadde hauing moch
branne, fylleth the bealy with excrementes, and
nouryseth lytell or nothyng, but shortly descen-
deth from the stomake: The meane betwene both
sufficiently leuyned, well moulded, and moderat-
ly baken is the moste holosome to euerpe age, the
greatest loues do noury the most fast, for as moch
as

as the fyre hathe not exhausted the moysture of them. Hotte breadde, moch eaten, maketh fulnes and thyrste, and slowely passeth. Barley breadde clenseth the body, and doth not nouryshe so moch as wheate, and maketh colder iuyce in the body.

¶ Of fleshe. Cap. 8.

Bese of Englande to Englysshemen, whiche are in helth, bryngeth stronge nourysynge, but it maketh grosse bloude, and ingendreth melancoly: but beyng of yonge oxen, not excedynge the age of four yeres, to them, whiche haue colerike stomakes, it is more conuenient, than chickens, and other lyke fyne meates.

Swynes fleshe,

Above all kyndes of fleshe in nourysynge the body, Galene most commendeth porke, not being of an olde swyne, and that it be well digested of hym that eateth it. For it maketh beste iuyce, it is moste conuenient for yonge persons, and them which haue susteyned much labour, and therewith are fatigate, and become weake, yonge pigges are not comended befoze that they be one month old, for they do byede superfluous humours.

Lambe,

Is verre moyste and flumatike, wherfoze it is not conuentent for aged men, except that it be very drye roasted, nor yet for theym, whiche haue in their stomake moche fleume.

Mutton,

Galene dothe not commende it, not withstandinge

De alimē.
lib. 3.

Ding experience proueth here in this realme, that yf it be yonge, it is a right temperate meate, and maketh good iuyce: and therfore it is vled more than any other meate, in all diseases. And yet it is not lyke good in all places, no; the shepe, whyche beareth fynest wolles, is not the swetest in eatinge, no; the moste tender. But I haue founde in some countrys mutton, whiche in whitenesse, tenderesse, and swetenesse of the fleshe, mought be well nygh compared to kydde, and in digestion haue proued as holsome.

Kyddes and ueale,

Of Galene is commended nexte vnto porke, but some men do suppose, that in helth and siknes they be moche better than porke, the iuyce of them both being more pure. And here it is to be noted, that of all beastes, whiche be dyve of their nature, the yongest be mooste holsome: of them that are moyste, the eldest are lest hurtfull,

Hare, Cony,

Hippo de
ratione ui
ctus lib. 2.
cap. 19.
Plin. 28.

Maketh grosse bloudde, it dryeth and stoppeth, but yet it prouoketh a man to pisse. Cony maketh better and more pure nourishment, and is sooner digested than hare. It is well proued, that there is noo meate more holsome, or that more cleane, firmly, and temperatly nourisheth than rabbits.

Dere redde and falowe.

Hippocrates assyrmeth the fleshe of hartes and hyndes, to be of yll iuyce, harde of digestion and drye, but yet it moueth brine. Of falowe dere, he no; any other olde wyter dothe speake of, as I remember

remembred. I suppose, bycause there be not in all the world so many as be in Englande, where they consume a good parte of the beste pasture in the realme, and are in nothyng profitable, sauynge that of the skynnes of them is made better lether than is of calues: the huntynge of them beyng not so pleasaunt, as the huntynge of other venery or vermyne, the fleshe moche more vnholosome and vpleasant, than of a redde dere, ingendring melancoly, and makinge many fearful dreames, and disposeth the bodye to a feuer, if it be moche eaten: not withstandinge the fatte therof, as some lerned men haue supposed) is better to be digested, than the leane.

Of Byrdes.

The fleshe of all byrdes, is moch lighter than the fleshe of bestes in comparison, most specially of those foules, whiche truste most to theyr wynges, and do brede in high countreys.

Capons, Hennes, and Chyckens.

The Capon is aboue all other foules praised, for as moche as it is easily digested, and maketh lyttell ordure, and moche good nourishment. It is commodious to the breste and stomake.

Hennes in wynter, are almooste equall vnto the capon, but they do not make so stronge nourishment. Anyen sayth, if they be rosted in the bealy of a kydde or lambe, they wll be the better.

Chickens in sommer, specially if they be cockrelles are very conuenient for a weake stomake, and
nourisheth

THE SECONDE

nourisheth a lptell. The fleshe of a cocke is hard of digestion, but the brothe, wherein it is boyled, louseth the bealy, and haupnge sodden in it colic-wortes, Polypodium, o; Cartamus, it purgith pl humours, and is medicinable agaynste go wres, toynt aches, and feuers, which come by courses.

Fesaunt,

Excedeth all fowles in swetenesse and holsonesse, and is equall to a capon in nourishynge, but he is somewhat drier, and is of some men putte in cōparison, meane betwene a henne & a partriche.

Partryche,

Of all fowles is most sonest digested: and hath in hym moche nutriment, comforteth the brayne, and maketh sede of generation, and receiueth lust whiche is abated.

Quayles,

Although they be of some men commended, yet experience proueth them to increace melancolpe, and are of a small nourishinge.

Larkes,

Be as well the fleshe as the broth, very hollosom, eaten roasted, they do moche helpe against the colyke, as Dioscorides sayth.

A plouer,

Is slowe of digestion, nourysheth lptell, and increaseth melancolpe.

Blacke byrdes or ousyls,

Amonge wylde fowle hath the chiefe prayse, for lyghtnesse of digestion, and that they make good nouryshment, and lptell ordure,

Sparowes,

Sparowes

Be harde to digest, and are very hote, and stretch by Venus, and specially the brayns of them.
woodcockes,

Are of a good temperaunce, and metely lyghte in digestion.

Pygeons,

Be easily digested, and are very hollosom to them.
whiche are fleumatike, or pite melancoly.

Goose,

Is hard of digestion, but being pong and fatte, the wynges be easy to dygeste in a hole stomake, and nourysheth competently.

Ducke,

Is hotter than goose, & hard to digest, & maketh wars iuice, sauing the braunes on the breast bone and the necke is better than the remnaunt.

Crane and bustarde,

Crane is harde of digestion, and maketh ylle iuice, but beinge hanged by longe in the ayre, he is the lasse vnhollosome. Bustarde being fatte, and kept without meate a day or two afore that he be kylled, to expulse his ordure, and than drawen, and hanged as the crane is, beinge roasted or baken, is a good meate, and nourysheth well, if he be well digested.

Hearon, Byrtour, Shoueler,

Beinge ponge and fatte, be lyghtlyer dygested than crane: and the byttour soner than the hearone. And the Shouelat sooner than any of them: but all these fowles muste be eaten with moche

G.

gynger

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gringer oꝝ pepper, & haue good olde wine drunke after theym, and soo shall they be moze easlye dygested, and the iuyce commynge of theym, be the lasse noyfull.

¶ The partes and members of byrdes and
beastes. Cap. 9.

The wynges bꝛawnes and necke of gese, capons, hennes, fesaunt, partriche, and smalle byrdes beinge fatte, are better than the legges in digestion, and lyghter in nourishyng. Of wylde foule and pygeons beinge fatte, the legges are better than the wynges: the bꝛawnes of ducke, teale, and wygeon except, whiche is better to dygeste: than the residue.

The gyfar or stomake

Of a goose oꝝ henne beinge fatte with bꝛanne and mylke, beinge well sodden oꝝ made in poulder, is good foꝝ the stomake, in makinge it strong to digest, and nourysheth competently.

The lyuer,

Of a capon, henne, fesaunte, oꝝ goose, beinge made fatte with mylke myrte with their meate, is not onely easy to digeste, but also maketh good iuyce, and nourysheth excellently. But the lyuers of beastes be yll to digest, passe the slowly, and maketh grosse bloud, but it is strong in nourishyng.

The

The inward of beastes, as trypes and
chytterlynges.

The fleshe of them is more harde to dygest.
And therfore although they be wel digested,
yet make they not iuyce naturallye sanguyne or
cleane, but rawe iuyce and colde: and requyryeth
a longe tyme to be conuerted in to bloud.

The lunges or lyghtes,

Are more easy to digest, than the lyuer, and lasse
nourisheth, but the nourishment, that it maketh,
is fleumatike: albeit the lunges of a fore, is me-
dicinable for them, which haue siknes of y luges.

The splene or mylte,

Is of yll iuyce, for it is the chamber of melancoly.

The harte,

Is of harde fleshe, and therfore is not wel dige-
sted, nor passeth shortly, but where he is wel dige-
sted, the iuyce y it maketh, is not to be dyspraised.

The brayne

Is fleumatyke, of grosse iuyce, slowe in dyge-
styng, noyouse to the stomake, but where it is wel
digested, it nourisheth moche.

Marowe

Is more delectable than the brayne, it is yll for
the stomacke, but where it is well digested, it no-
urisheth moche.

The stones and vdders

Beinge well digested, do nouryshe moche, but
the stones are hotter with their moystnes, the vd-
ders colde and fleumatike, they both do increase
seede of generation, but the bloud made of the vd-

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der is better than that, whiche cometh of the stones, excepte it be of calues and lambes. Also the stones of cockes, maketh comendable nourishment.

The head,

The flesh therof nourisheth moche, and augmenteth seede: but it is slowe of digestion, and noyeth the stomake, but to them, whiche vse moche exercise, it is not discommendable.

The tounge,

Is of a spūgy and sanguine substance, but the kernelles and gristell, whiche are in the rootes, if they be wel digested, they make good nourishment: if they be not wel digested, they make fleme.

The feete

Beinge welle boyled and tender, in a holle stomake, dygesteth welle, and maketh good iuyce, and passeth forth easily. Galene commendeth the fete of swyne. But I haue proued, that the feete of a yonge bullocke tenderly sodden, and layde in sowse two dayes or thre, and eaten colde in the eueninge, haue brought a colerike stomake into a good digestion and slepe, and therewith hath also expulsed salt fleme and coler, and this haue I found in my selfe by often experience: alway forsene, that it be eaten before any other meate, without drynkyng immediately after it.

Of fyshe generally. Cap. 10.

The beste fyshe after the opinion of Galen, is that, whiche swymmeth in the pure sea, and is tossed and lyfte vp with wyndes and sourses.

The

The moze calme that the water is, the warse is the fysh, they whiche are in muddy waters. Doo make moche fleume and ordure: taken in fennes and dyches by warste, beinge in freshe ryuers, and swyfte, be sometyme commendable: all be it generally, al kyndes of fysh maketh moze thinner bloud, than fleshe, so that it dothe not moche nouryshe, and it doth soner passe out by vapors: to a hotte colerike stomake, or in feuers, somtyme they be holsome, beinge newe, freshe, and not very harde in substance or stymy. harde fysh is harde of digestion, but the nourishment therof is moze firme, than that, which is softe: those which haue moche grosse humours in them, at best, poudred.

¶ Of Bitter. Cap. 11.

Bitter is also nourishynge, and profiteth to them, whiche haue humours superfluouse in the breauste or lunges, and lacketh rippynge and clensynge of theym: specially if it be eaten with sugar or honye. If it be well salted, it heatethe and clenseth the moze.

¶ Of Chese. Cap. 12.

Chese by the hole sentence of all wyters, letteth digestion, and is ennemye vnto the stomake. Also it ingendzeth yll humours, and breedeth the stone. The chese which doth leest harme, is softe chese, reasonably salted, which some men do suppose, nourysbeth moche.

¶ Of

¶ Of

¶ Of Egges. Cap. 13.

Egges of fesauntes, hennes, and partryches, be of all other meates moſte agreeable vnto nature, ſpecially if they be newe layde: If they be rare, they do clenſe the throte and breaſt. If they be harde, they be ſlowe in digeſtion. but beyng once digeſted, they do nouriſhe moche. Meane betwene rare and harde, they digeſt conueniently and nouriſhe quykely. Egges well poched, are better than roſted. If they be fryed harde, they be of yll nouriſhment, and do make ſtynkyng fumes in the ſtomake, and do corrupt other meates with whome they be myngled. They be moſt hoſome whan they be poched, and moſte vnhoſome whan they be fryed. Dioſcorides ſayth, If they be ſouped warme, before any other meat, they do heale the grefes of the bladder and raynes, made with grauell: alſo ſozenes of the chekes & throte, and ſpittyng of bloude: and they be good againſt catars oꝝ ſtilling out of the hed into the ſtomake.

¶ Of Fruites. Cap. 14.

Foꝝ as moche as before that tyllage of corne was inuented, and that deuouringe of fleſhe and fyſhe was of mankynde vſed, men vndoubtedly lyued by fruities, and nature was therewith contented and ſatiſfied: but by chaunge of the diete of our progenytours, there is cauſed to be in our bodyes, ſuche alteration frome the nature, whiche was in men at the begynnyng, that nowe all fruities generally are noyfull to manne,
and

and do ingender yll humours, and be ofte tymes the cause of putrified feuers, if they be moche and continually eaten. Not withstanding vnto them, which haue abundaunce of coler, they be somtime conuenient, to repressse the flame, which procedeth of coler. And some fruites whiche be styptike, or bynding in tast, eaten before meales, do bynd the bely, but eten after meales, they be rather laxatiue

¶ Of Gourdes.

Gourdes rawe be vnplesant in eatinge, yll for the stomake, and almost neuer digested, therfore he that wyl nedes eate them, must boyle them, roste them, or frye them, euery waye they be without sauour or taste, and of theyr proper nature, they gyue to the body cold and moyst nourishment, and that very lyttell, but by reason of the syppernes of their substance, and bycause al meates whiche be moyste of their nature, be not byndynge, they lyghtly passe forth by the bealye. And being well ordred, they wyl be metely concoct, if corruption in the stomake do not preuent them: they be cold and moyst in the seconde degree.

¶ Of Melones and Pepones.

Melones and Pepones be almooste of oone kynde, but that the melone is rounde lyke an apple, and the innermoste parte therof, where the sedes are conteyned, is vsed to be eaten. The Pepon is moche greater, and somewhat longe and the inner part therof is not to be eaten: They
both

bothe are very colde and moyst, and do make yll iuyce in the body, if they be not well digested, but the pepon moch more than the melon, they do lest hurt, if they be eaten afoze meales. Albe it, if they do fynde in the stomake fleume, they be turned in to fleume, if they finde choler, they be turned in to choler. Not withstandynge there is in theym the vertue to clense & to prouoke brine, they be colde and moyst in the seconde degre.

¶ Cucumbers.

Galen. de
alimen.
fa. 2.

Cucumbers do not excede so moche in moisture as melons: and therfore they be not so soone corrupted in the stomacke: but in some stomakes, being moderately vsed, they do digest wel: but if they be abundantly eaten, or moche vsed, they ingender a colde and thicke humour in the veynes, whiche neuer or seldome is tourned in to good bloud, and somtyme byngeth in feuers. Also they abate carnall lust. The sedes as wel thereof, as of melones and gourdes, beinge dyped, and made cleane from the huskes, are very medycynable against syckenesses procedynge of heate, also the difficultie or let in pyllynge, they be colde and moist in the second degre.

Dates,

Be harde to digeste, therfore beinge moche eaten, and not wel digested, they annoy the head and cause gnawynge in the stomacke, and make grosse iuyce, and sometyme cause obstructyons or stoppynges in the lyuer and splene. And where there

there is inflammation or hardnesse in the bodye, they are unhollesome, but beinge well digested and temperately vsed, they nouryshe and make the fleshe firme, and also byndeth the bealy: olde dates be hotte and dry in the fyrst degree: newe gathered are hotte and moist in the first degree.

¶ Of Fygges.

Fygges eaten, do shortly passe out of the stomacke, and are soone distributed in to all the partes of the body, and haue the power to clense, Actius. j. specially grauelle, beinge in the raynes of the backe, but they make no substantial nourishment, but rather somewhat lowse and wyndye, but by their quicke passage, the wynde is sone dissolued. Therfore if they be ripe, they do least harme of any frutes, or almoste none. Dry figges and old, are more hotte and drye than newe gathered, but beinge moche eaten, they make yll bloudde and iuyce, and as some do suppose, do ingender lycie, and also anoyeth the lyuer and the splene, if they be inflamed, but hauinge the power to attenuate or make humours currant, they make the bodye soluble, and do clense the raynes. Also beinge eaten afoze dinner with gynger or pepper, or powder of tyme, or peny royall, they p:ofyt moch to them, whiche haue oppilations or harde congeled matter in the inner partes of the body, or haue distillations or reumes fallng into the breste and stomake. New figges are hot and moist, olde figges are hot in the first degree, and drie in the seconde.

¶

Of

THE SECONDE

¶ Of grapes and raisons.

Galen. de
alimen. 2.

Diosco. 5.

Grapes do not nouryſhe ſo moch as fygges, but beinge rype, they make not moche ylle iuyce in the body: albeit newly gathered, they trouble the bealye, and fylleth the stomacke with wynde. therfore if they be hanged bp a whyle, er they be eaten, they are the laſſe noyfull. Sweete grapes are hottest, and do lowſe ſomewhat, and make a man thyrſty. Sowze grapes are cold, and do alſo lowſe, but they are hard of digeſtion, and yet they do not nouryſhe. They which are in taſt bytter oz harryſhe, be lyke to them that are ſoure. Raiſons do make the ſtomacke firme and ſtrong, and do prouoke apeteite, and do comforte weake bodyes, beinge eaten afoze meales: they be hotte in the firſt degree, and moſt in the ſeconde.

¶ Of Cherries.

Cheries, if they be ſwete, they do ſoone ſlyp downe into the ſtomacke, but if they be ſoure oz ſharpe, they be more hollſome, and do louſe, if they be eaten freſhe, and newly gathered. they be cold and moiſt in the firſt degree.

¶ Of Peaches.

Peaches doo laſſe harme, and doo make better iuyce in the bodye, for they are not ſo ſone corrupted beinge eaten. Of the iuyce of them may be made a ſyrype, very hollſome agaynſt the diſtemperances of coler, wherof procedeth a ſynkynge breathe. they be colde in the fyrſte degree, and moſt in the ſeconde.

¶

¶ Of Appulles.

Appulles eaten sone after that they be gathered, are cold, hard to digest, and do make yll and corrupted bloudde, but beinge well kepte vntyll the nexte wynter, or the yere folowinge, eaten after meales, they are right hollesome, and doo confirme the stomake, and make good digestion, specially if they be roasted or baken, most properly in a cholerike stomake. They are beste preserved in hony, so þæt one touch not an other. The rougher tasted appuls are hollesome, where the stomake is weake by distemperance of heate or moche moisture: The bytter appuls, where that griefe is increased: The soure appuls, where the matter is congeled or made thicke with heate. In dystemperature of heate and drythe by drynkinge much wine, they haue ben found comodious, beinge eaten at nyght, goinge to bedde, without drynkinge to them: they be cold and moist in the first degree.

¶ Of Quynces.

Quynces be cold and dry, eaten afore meale, they bynde and restraine the stomake, that it may not digest well the mete, except that they be roasted or sodden, the core taken out, and myrte with honye clarified, or sugar, than they cause good appetite, and preserve the hed from drunkenesse: taken after meate, it closeth and draweth the stomake togyther, and helpeth it to digest, and mollifieth the bealy, if it be abundantly taken. they be cold in the fyrst degree, and dry in the beginninge of the seconde.

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¶ Of Pomegranates.

Pomegranates be of good iuyce, and profitable to the stomake, specially they, which are swete: but in a hotte feuer, they that are sowze, be moze expedient and holssome. for than the sweete do incende heate, and pusse vp the stomake.

¶ Of Peares.

Peaes are moche of the nature of apples, but they are heuier, but taken after meate, roasted or baken, they are not vnholssome, and do restrain and knytte the stomake, beinge rype: they be cold and moyst in the first degree.

¶ Medlars.

Medlars are cold & dry, and costrictife or straining the stomake, and therfore they may be eaten after meles as a medycine, but not vsed as meate, for they ingender melancoly, they be colde and dry in the seconde degree.

¶ Wallnuttres.

Wallnuttres, if they be blanched, are supposed to be good for the stomake and somewhat lousynge the bealy, myxt with sugar they do nourish the temperately. Of two drye nuttes, as many fygges, and .xx. leaues of Rewe, with a grayn of salt, is made a medicine, wherof if one doo eate fastyng, nothinge which is venomous, may that day hurte hym, and it also preserueth agaynst the pestilence, and this is the very ryght Withydate. they be hot and dry in the second degree, after some opinions hot in the third degree, dry in the second.

fpl:

Fylberdes and hasyll nurtes,

They are more stronge in substance than wall-nuttes, wherfore they are not so easly oꝛ sone digested. Also they do inflate the stomak, and cause head ache, but they ingender fatte. And if they be roasted, they are good to restrayne reumes. Also eaten with pepper, they are good against tourmentes of the bealy, and the stoppynge of bryne, they be hotte and drie in the fyrst degree.

Of Almondes.

They do extenuate and clense without any byndynge, wherfore they poure the breste and lunges, specially bitter almondes. Also they do molysfe the bealy, prouoke sleape, and causeth to pylse well. fyue oꝛ syxe of them eaten afore meat, kepeth a man from beinge drunke: they be hotte and moyste in the fyrst degree.

Chestyns.

They beinge roasted vnder the ymbers oꝛ hot ashes, do noutyshe the body strongly, & eaten with hony fastyng, do helpe a man of the cough.

Prunes

Of the gardedyn, and rype, do dispose a man to the stoole, but they do byynge no maner of noutysment. To this fruite lyke as to figges, this proppertye remayneth, that beinge dyed they doo profite. The damaske prune rather bindeth than looseth, and is more commodious vnto the stomake, they be cold and moist in the second degree.

Olyues

Condyte in salt lycour, taken at the begynnyng
 of

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of a meale, dothe corroborate the stomake, stireth appetite, and louseth the bealy, beinge eaten with byneger. They whiche be rype, are temperately hote: they which be grene, are cold and dry.

Of Capers.

They nourishe nothyng after that they be salted, but yet they make the bealy louse, and poureth fleume, whiche is therin conteyned. Also stireth appetite to meat, and openeth the obstructions or stoppyng of the lyuer and splene, beinge eaten with orunell, before any other meate: they be hote and dry in the second degree.

Orenge.

The ryndes taken in a lyttell quantitie, do comfort the stomake, where it digesteth, specially condite with sugar, and taken fastyng in a smalle quantitie. The iuyce of orenge hauyng a roste of breadde put vnto it, with a lyttell powder of myntes, sugar, and a lyttell cynamom, maketh a very good sauce to prouoke appetite. The iuyce eaten with sugar in a hote feuer, is nat to be discommended. The rynde is hote in the first degree, and drye in the seconde. The iuyce of the ym is colde in the seconde degree, and dry in the first.

Herbes vsed in potage, or to eate. Cap. 15.

Generally all herbes raw, and not sodden, do ingender cold & watry iuyce, if they be eaten customably, or in abundance: albeit some herbes are more comestible, and do lasse harme vnto nature, & moderatly vsid, maketh metely good blud.

Lettyse.

¶ Lettise.

Amonge al herbes, none hath so good iuyce as lettise : for some men do suppose, that it maketh aboundance of bloudde, albeit not very pure or perfyte. It dothe sette a hotte stomake in a very good temper, and maketh good appetite, and eaten in the euenynge, it prouoketh slepe, albeit, it neither dothe lowse nor bynde the bealye, of his owne proprietie. It increaseth mylke in a womans breastes, but it abateth carnall appetite, and moche vsynge therof, hurteth the eye syght. It is colde and moyst temperately.

¶ Colewortes and Cabages.

Before that auarice caused marchauntes to fetch out of the easte and southe partes of the world, the traffyke of spyce and sundry drouges, to content the vnsaciablenes of wanton appetites, Colewortes for the vertues supposed to be in theym, were of suche estimation, that they were iudged to be a sufficient medicine agaynste all diseases, as it may appere in the booke of wyse Cato, wherin he writeth of husbandry. But now we I wyll no more remember, than shalbe requyred, in that whyche shall be vsed as meate, and nat pure medicine. The iuyce thereof hath vertue to purge : the holle leaues beinge halfe sodden, and the water poured out, and they being put eftsones into hot water, and sodden vntyll they be tender, so eaten, they do bynde the bealye. Some doo suppose, if they be eaten rawe with vyneger, before meate, it shall preserue the stomake from surfetynge

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fettynge, and the head from drunkenesse: albeif moche vsynge of them dulleth the syght, excepte the eyes be very moyste. Fynally the iuyce that it maketh in the bodie is not so commendable, as that whiche is ingendred of lettysse. It is hote in the first degree, and drie in the seconde.

¶ Of Cykorie or suckorie.

It is lyke in operation to lettise, and tempereth coler wonderfully, and therfoze in all colerike feuers, the decoction of this herbe, or the water therof stilled, is ryght expedient. Semblably the herbe and rote boyled with fleshe, that is freshe, being eaten, kepeth the stomake and head in very good temper. I suppose that Southistel & Dentelvon, be of lyke qualities, but not so conuenient to be vsed of theym, whiche are hole, bycause they are wyld of nature, and moze bitter, and therfoze causeth fastidiousnes or lothsomnesse of the stomake. It is colde and drie in the second degree.

¶ Endyue and Scariole.

Be moche like in their operation to Cykorie, but they are moze conuenient to medicine than to meate. Albeit Scariole callyd whyte Endyue, haungeth the toppes of the leaues turned in, and layde in the erthe, at the latter ende of sommer, and couered, becometh white and crispe, lyke to the great stalkes of cabage lettysse, which take vp and eten with vineget coolith the heate of the stomake. And to them that haue hote stomakes and dry, they be right hollesome, but being to moch vsed, or in very great quantitie, they ingender the humour,

humour, whiche maketh the colyke. they be colde and moist in the first degree.

Malowes

Are not colde in operation, but rather somewhat warme, and haue in them a syppernesse: wherefoze being boyled and moderately eaten with oyle and vyneger, they make metely good concoction in the stomake, and causeth the superfluous matter therein easily to passe, and clenseth the bealpe, It is hotte and moyst in the first degree.

Galen. 2.
dealimē
tis.

white beres

Are also abstersiue, and lowseth the bealpe, but moche eaten, annoyeth the stomake: but they are ryght good against obstructions oꝝ stoppyng of the lyuer, if they be eaten with vyneger oꝝ mustarde. lykewyse it helpeth the splene. It is colde in the first degree, and moist in the seconde.

Pourslane

Dothe mitigate the great heat in al the inward partes of the bodye, semblably of the head and eyes: also it repreketh the rage of Venus, but yf it be pꝛeserued in salt oꝝ brine, it heateth and purgeth the stomake. It is colde in the thirde degree, and moist in the seconde.

Cheruyle

Is verye pꝛofytable vnto the stomacke, but it may not sustein very moch boiling: eten with vyneger, it pꝛouoketh appetite, & also brine. The decoctiō therof drunk with wyne, clēseth y bladder.

A

Sozell

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Sorell

Dioscori-
des lib. 2.
ca. 106.

Beinge sodden, it louseth the bealy. In a tyme of pestilence, if one beinge fastynge, doo chelwe some of the leaues, and sucke downe the iuyce, it meruaylously p̄serueth from infections, as a new practiser callid Guainerius doth write. And I my self haue proued it in my household. The sedes therof brayed and drunke with wine & water, is very holsonne agaynst the colyke, and frettinge of the guttes. it stoppeth fluxes, and helpeth the stomake annoyed with replecion. It is cold in the thurd degree, and dry in the seconde.

Persely

Is very conuenient to the stomak, and comforteth appetite, and maketh the breathe sweete, the sedes and roote causeth vrine to passe welle, and breaketh the stone, dissolueth wyndes. the rootes boyled in water, and therof oximell beinge made, it dissolueth fleume, and maketh good digestion. It is hote and dry in the third degree.

Fenell

Galeñ. km.
de medic.
camen. li.
3. ca. 74.

Beinge eten, the sede oꝝ rote maketh abundance of mylke: lykwysle drunke with ptylane oꝝ ale. The sede somewhat restrayneth fluxe, prouoketh to p̄sse, and mitigateth frettynges of the stomake and guttes, specially the decoction of the roote, if the matter, causynge frettynge be colde, but if it be of a hotte cause, the vse thereof is dangerous, foꝝ inflammation oꝝ exulceration of the raynes oꝝ bladder. It is hotte in the thurd degree, and dry in the fyrst.

Anyle

¶ Anyse fede.

Maketh swete bryeth, prouoketh vrine, and drieth downe thinges, cleauynge to the raynes of bladder, styreth vp courage, & causeth abundance of mylke. It is hote and dry in the third degre.

¶ Beanes

They make wynde, howe so euer they be ordered: the substance, whiche they do make, is spungy, and not firme, albeit they be abstersiue or clensinge the body, they tary longe or they be digested, and make grosse iuyce in the body, but yf onyons be sodden with them, they be lasse noyful.

Peasyn

Are moche of the nature of beanes, but they be lasse wyndy, and passeth faster out of the boode: they be also abstersiue or clensinge, specially white peason, & they also cause metely good nourishing, the huskes taken awaye. And the brothe, wherin they be sodden, clenseth right wel the raynes and bladder.

Rape rotes and Nauews, Cap. 16.

The iuyce made by them, is very grosse: And therfore beinge moche eaten, if they be not persytely concocte in the stomake, they doo make crude or rawe iuyce in the baynes. Also if they be not well boyled, they cause wyndes, and annoye the stomake, and make sometyme frettynges: If they be well boyled fyrst in cleane water, and that beinge cast a way, the second tyme with fat fleshe, they nouryshe moche, and doo neyther lowse nor

It

wynde

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bynde the bealy. But Nauews do not nouryſhe ſo moche as rapes, but they be euen as wyndye.

¶ Turnepes,

Beinge welle boyled in water, and after with fatte fleſhe, nouryſheth moch, augmenteth the ſede of man, prouoketh carnall luſt. Eaten rawe, they ſtye vp appetite to eate, beinge temperatly vſed, and be conuenient vnto them, whyche haue putrified matter in their breastes or lunges, cauſing them to ſpytte eaſily, but beinge moche and often eaten, they make rawe iuyce and wyndynelle.

Parsnepes and carettes.

Gal. ſimp.
med. li. 7.

¶ They do nouryſhe with better iuyce than the other rootes, ſpecially carettes, whiche are hotte and dry, and expelleth wynd. Not withſtandinge moche vſed, they ingender yll iuyce: but carettes laſſe than parſnepes, the one and the other expelleth brine.

¶ Raſhe rootes

Paulus E.
gineta.
Dioſcori
des.

Lib. 7. de
alimentis.

Haue the vertu to extenuate, or make thyn, and alſo to warme. Alſo they cauſe to breake wynde, and to pyſſe: being eaten afore meales, they lette the meate, that it may not diſcende, but beinge eaten laſſe, they make good digeſtion, and louſeth the bealy, though Galenus wyte contrarpe. For amonge diuers other, by experience haue proued it: not withſtandynge they be vnholſome for them, that haue continually the goutte, or peynes in the ioyntes.

Garlyke,

It dothe extenuate and cutte groſſe humours, &
ſynny,

Spiny, dissolucth grosse wyndes, and heateth all the body. also openeth the places, whiche are stopped, generally where it is well digested in the stomake: it is holssome to dyuers purposes, specially in the body, wherin is grosse matter, or moche cold inclosed. if it be sodden vntyll it louseth his tartnesse, it somewhat nouryssheth, and yet loseth not his propperie, to extenuate grosse humours: being sodden in mylke, it profiteth moche agaynste distyllations from the head into the stomake.

Onions

Do also extenuate, but the longe onions more than the rounde, the red more than the whyte, the dye more than they whiche be grene: also rawe more than sodden, they stire appetite to meat, and put away lothsomnes, and lowse the bealy, they quyen syght: and beinge eaten in great abundance with meat, they cause one to slepe soundly.

Leekes,

Be of yll iuyce, and do make troublous dreames, but they do extenuate and clense the bodye, Galen. 7.
cap. 173. and also make it soluble, and prouoketh brine.

More ouer it causeth one to spytte oute easily the fleume, whiche is in the b:ea:ste.

Sauge.

It heateth, and somewhat byndeth, and therewith prouoketh brine, the decoction of the leaues and b:au:ches beinge drunke. Also it stoppeth bledynge of woundes, beinge layde vnto them. More ouer it hath ben proued, that women, whiche haue ben longe tyme without chylderne, and

I iii

haue

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haue drunke .x. ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre before that they haue companied with their husbantes, haue conceived at that tyme. It is hotte and dry in the thyrde degree, the vsynge thereof is good against palseys.

Isopé,

Dothe heate and extenuate, wherby it digesteth synny fleume: bernge prepared with fygges, it pourgeth fleume downewarde, with honye and water vpwarde, boyled in vyneger, it helpeth the tothe ake, if the teethe be washed therewith. It is hote and dry in the third degree.

Bourage

Comforteth the harte, and maketh one merye, eaten rawe before meales, or layde in wyne that is drunke: Also mollifieth the beaiv, and prepareth to the stoole. It is hote and moist in the myddell of the first degree.

Sauery

Pourgeth fleume, helpeth dygestion, maketh quyk syght, prouoketh vrine, and styreth carnall appetite. It is hote and dry in the third degree.

Rokat

Heateth moch, and increaseth sede of man, prouoketh courage, helpeth digestion, and somewhat louseth. It is hote and moist in the second degree.

Tyme

Dissolueth wyndes, breaketh the stoone, expulseth vrine, and ceaseth freattynge. It is hotte and dry in the third degree.

Penicill

Penyryall

Dothe extenuate, heate, and decocte, it refourmeth the stomake, oppressed with fleume, it dothe recomforte the saynt spirite, it expelleth melancoly by sege, and is medicinable agaynst many diseases. It is hote and dry in the thirde degree.

¶ Towne creases.

¶ Paulus discommendeth, sayenge, that it resisteth concoction, and hurteth the stomacke, and maketh yll iuyce in the body, taken as medicine it helpeth many diseases. It is hote and drye in the thirde degree.

¶ Rosemary

Hath the vertue to heate, and therfore it dissoluet humour congeled with colde: It helpeth agaynst palseys, fallinge sickenes, olde diseases of the breaſte, tourmentes oꝝ frettyng, it prouoketh brine and sweat: it helpeth the cough taken with pepper and hony, it putteth away tothe ake, the roote beinge chewed, oꝝ the iuyce therof put in to the tothe, beinge bourned, the fume therof resisteth the pestilence: the rynde thereof sodden oꝝ burned, & the fume receyued at the mouth, stoppeth the reume, whiche falleth out of the head into the chekes oꝝ throote: whiche I my selfe haue proued, the grene leaues bruyſed, doo stoppe the hemorroides, yf they be layde vnto theym. This herbe is hote and dry in the thirde degree.

Spices

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¶ Spices growinge out of this realme vsed in
meate or drynke. Cap. 17.

¶ Pepper.

Blacke pepper is hottest, and most dry, white
pepper is next. longe pepper is mooste tempe-
rate. The general propertie of all kyndes of pep-
per is to heate the body: but as Galene sayth, it
perceth downewarde, and dothe not spzcade in to
the baynes, if it be grosse beaten. It dissolueth
fleume and wynde, it helpeth digestion, expulseth
brine, and it helpeth againste the diseases of the
breaſte, procedynge of colde. It is hotte in the
first degree, and dry in the seconde.

¶ Gynger

Heateth the stomake, and helpeth digestion, but
it heateth not so soone as pepper: but after ward
the heate remaineth longer, & causeth the mouth
to be moister: Being grene, or well confectioned
in syrope, it comforyeth moche the stomacke and
head, and quyckeneth remembraunce, if it be ta-
ken in the morowe fastynge. It is hotte in the se-
cond degree, and dry in the first.

Saffron

Somewhat hyndeth, heateth, and comforyeth
the stomake and the harte specially, and maketh
good digestion, being eaten or drynken in a small
quantitie. It is hotte in the seconde degree, and
dry in the fyrst.

Cloues,

Hath vertue to comfort the synewes, also to con-
sume and dissolue superfluous humours. They
be

be hotte and dry in the thyrde degree: sodden with mylke, it comforteth the debilitie of nature.

Maces.

Dioscorides commendeth to be drunke agaynst spitting of blod. and bluddy fluxes, & excessiue laskes. Paulus Egineta addeth to it, that it helpeth the colyke: they be hotte in the second degree and drye in the thirde degree. It is to the stomake very commodypous, taken in a lyttell quantitie.

Nutmigges,

With their swete odour comforte and dissolue, and somtyme comforteth the power of the syght, and also the brayn in colde discrasies, and is hote and dry in the second degree.

¶ Of drynkes, and fyrst of water. Cap. 18.

VAdoubtedly water hath preemynence aboue all other lycoures, not onely bycause it is an elemēt, that is to say, a pure matter, wher of al other lycours haue their original substance: but also forasmoche, as it was the very naturall and fyrst drynke to all maner of creatures. Wherfore the sayeng of Pindarus the poete, was euer well allowed, whiche saythe, water is beste. And one thyng is well considered, that from the creation of the worlde, vntyll the vniuersall deluge or floudde, duringe which tyme, men lyued eight or nyne hunderde yeres, there was none other drynke vsed nor knowen, but water. Also the true folowers of Pythagoras doctrine, dranke onely water, and yet lyued longe: as Apollonius and
k
other

other: and in the serching out of secrete and intricate thynge, their wyttes excellyd. Moreover, we haue sene men and women of great age, and stronge of body, whiche neuer oꝛ verpe seldome, dranke other drynke, than pure water: As by example in Cornewall, although that the countrey be in a very colde quarter, whiche proueth, that if men from their infancye, were accustomed to none other drynke, but to water onely, moderately vsed, it shuld be sufficient to kepe naturall moisture, and to cause the meat that is eaten, to perce and discende vnto the places of digestion, whiche are the purposes that drynke serueth foze. But now to the qualities of water, after the sentence of auncient philosophers and phisitions, The rayne water, after the opinion of the most men, if it be receyued pure and cleane, is most subtyl and penetratiue of any other waters: the next is that, whiche issueth out of a spring in the east, and passeth swiftly among great stones oꝛ rockes: The thirde is of a cleane ryuer, whiche renneth on great harde stones oꝛ pebles. There be dyuerse meanes to trie out, whiche is the beste water. Foꝛ that whiche is lightest in poyle oꝛ weight is best, also that, wherof cometh leest skymme oꝛ frothe, whan it doth boyle. Also that, which wyll soonest be hot. Moreover deape linnen clothes in to sundry waters, and after lay them to dry, & that whiche is sonest dry, the water wherin it was deaped, is most subtyl. After a great surfete, specially take with superfluouse eatinge of bankettyng meates,

tes, cold water drunken, is a general remedy. Hippocrates affirmeth & in Sharp & feruent diseases, De ratione uictus in mor. acutis lib. 3. none other remedy is to be requyred, than water. And Galen wyl not, that children shuld be let fro drinking of water: but that whan they fele the selfes very hote, after meales, and do desire to drink water, specially of a cleane fountayne, they shuld be suffred. Also Hippocrates saith, In such siknes where as thou fearest, lest the head shuld be vehemently greued, or the mynde perished, there must thou giue eyther water, or white wyne alayd with moche water. Not withstanding there be in water causes of dyuers diseases as of swellynge of the splene, and the lyuer, it also flytteth & swymmeth, and it is longe or it perceth, in as moche as it is colde & slowe in decoction, it lowseth not the bealy nor prouoketh brine. Also in this it is bycious, that of his proper nature, it maketh none ordure. Fynally, alway respect muste be hadde to the person, that drynketh it. for to yong men, and them, that be hotte of complexion, it dothe lasse harme, and somtyme it profyteth. but to them that are feble, olde, fleumatike, or melancoly, it is not couenyent.

¶ Of wyne. Cap. 19.

Plato, the wyldest of all phylosophers, dothe affirme, that wyne moderately drunke, nouryssheth and comfozteth, as well all the bodye, as the spirites of man. And therfore god dyd ordeyn it for mankynde, as a remedy againge the incommodities of age: that therby they shulde seme to
R ii
retourne

retourne vnto youth, and forgette heynnes. Undoubtedly wyne heateth and moysteth the bodye, whyche qualities chiefly conserueth Nature.

And Galene of all wynes, comendeth that, which is yelow and clere, saying. That it is the hottest, and white wyne lesse hotte. And the colour meane betwene both, of semblable temperature. The yelow wyne, which is the proper colour of very hotte wynes, to olde men dothe byng these comodities. fyrst it heateth all their members: also it purgeth by vrine, the watry substance of the bloud. Moreover, the wynes, which be pale or yelow, and full of substance, they do increase bloude, and nourishe the bodye: but for the more part olde men haue nede of suche wynes, which do prouoke vrine: forasmuche as in them doo abounde watry excrementes or superfluities. And they which do tary longe in the bealy, be not apt for aged men. Blacke or deepe redde wynes and thicke, do bind and congele that which they doo fynde in the body, and although some of them do not long abyde in the bealy, yet they moue not vrine, but rather withdroweth: but yet they doo harme to olde men, forasmuche as they do stoppe the cundites of the splene, the lyuer, and the raynes. Also grosse wines be best for them, which desire to be fat, but it maketh opilations: olde wyne and clere, is better for them, that be fleumatike.

Galene also prohibith chylderne to drynke any wyne, forasmuche as they be of a hote and moyst temperature, and so is wyne: and therfore it heateth

teth and moysteth to moche their bodies, and fyl-
 leth their heades with vapoures. More ouer he
 wolde that yonge men shulde dꝛynke lyttell wyne,
 for it shall make them prone to fury and to leche-
 ry: and that parte of the soule, whiche is callyd
 rationall, it shall make troublous and dulle: not
 withstandinge, yet it is somtyme profitable to mi-
 tigate oꝛ expell oꝛ dure, made of coler oꝛ melanco-
 ly. Also it profyteth against dꝛythe, whiche hap-
 neth in the substance of the body, either by to mo-
 che labour, oꝛ by the proper temperature of age:
 for wyne moysteth and nourisheth that, which is
 to dꝛie, also mitigateth and dissolueth the sharp-
 nes of coler, & purgeth it also by brine & sweate:
 Finally (as Theognes saith) Moche dꝛynkinge of
 wyne is yll, but moderate dꝛynkyng of wyne is
 not onely not yll, but also cominodious and pro-
 fytable. Whiche sentence is confyrmmed by Iesus
 Syrac, in the boke named Ecclesiastic⁹ sayinge, Eccle. 31
 Wyne moderately dꝛunke, reioyseth both the bo-
 dy and soule. Wherfore to conclude this chapi-
 ter, There is neyther meate noꝛ dꝛynke, in the vse
 wherof ought to be a more discrete moderation,
 than in wyne, consydeyng that beinge good and
 dꝛunke in due tyme and measure, it not only con-
 serueth naturall and radicall moystute, whereby
 lyfe indureth, but also it helpeth the princypall
 members, whiche belonge to digestion, to do their
 office: On the other parte, bring yll oꝛ corrupt, oꝛ
 taken out of order and measure, it dothe contrary
 to all the pꝛemisses, besydes that it transfoymeth

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a man or woman, makynge them beastly. More
of the qualities of wine, shall be touched hereaf-
ter in the order of Diete.

¶ Of Mylke. Cap. 20.

Aetius.

Mylke is compact of thre substances, creame,
whey, & cruddes. The moste excellent milke
is of a woman. The mylke of a cow is thickest,
the mylke of a camell is most subtyll, the mylke of
a goote is betwene cowe mylke, and camell mylk.
Ewes mylke is betwene cowe mylke and asses
mylke. Also the mylk of beastes, fedynge in large
pastures, and out of fennes and marshes, is bet-
ter than of them, which be fedde in lyttell closes,
or in watry groundes. In sprynge tyme mylke is
most subtyll, and mylke of yong beastes, is holso-
mer, than of olde. To chyl dren, olde men, and to
them, which be oppressed with melancoly, or haue
the fleshe consumed with a feuer ethike, mylke is
conuenient. And generally to all them, whiche do
not fele the mylk rise in their stomakes, after that
they haue eaten it: and in those persons, it dothe
easily pouрге that whiche is in the bealpe super-
fluous. And afterwarde it entreth in to the bay-
nes, and bringeth good nourishment. Who soo
euer hath an appetite to eate or drynke mylke, to
the entet that it shal not arise or abayed in the sto-
make, let hym put in to a vessell, out of the whiche
he wyll receyue it a few leaues of myrres, sugar
or pure hony. And in to that vessell cause the best
to be mylked, and so drynke it warme from the
bdder:

bdder: or els let hym do as Paulus Egineta tea-
 cheth, that is to say, boyle first the mylke with an
 easy fire, & sethe it after with a hotter fire, & skym
 it cleane, and with a sponge deaped in cold water,
 take that cleane away, which wolde be burned to
 the vessell, than put to the mylke, salt and sugar,
 & stere it often. More ouer mylke taken to purge *Oribasius*
 melancoly, wold be drunke in the morning abun- *de confes*
 dantly newe mylked as is before written. And he *tionis cis*
 that drinketh, shuld absteyn from meate, and ex- *borū li. 3.*
 ercise, vntyll the milke be digested, and haue som-
 what purged the bealy. For with labour it beco-
 meth soure: & therfore it requyrez rest & watch or
 to walke very softly. Finally, where men & womē
 be vsed from their childhode, for the more part, to
 mylke, and do eate none or lyttell other meate, but
 mylke and butter, they appere to be of good com-
 plexion and facion of body, & not so moche bered
 with sycknes, as they whiche drynke wine or ale:
 not withstandinge moch vse of milke in men san-
 guine or colerike, doth ingender the stone.

¶ Of ale, biere, cyder, and whay.

I Can neither here nor rede, that ale is made and
 vsed for a comon drynke in any other countrey
 than England, Scotlād, Ireland, & Doyle. The
 latyn woꝛde *Cereuisia*, is indifferent as welle to ale
 as to biere. If the corne be good, the water hol-
 some and cleane, and the ale or biere welle and
 perfytelve brewed and clenfed, and by the space
 of

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of syx dayes or more, settled and defecate, it must nedes be a necessary & conuenient drynke, as well in syknes as in helth: consyderinge that barleue cozne, wherof it is made, is commended, and vbled in medicine, in all partes of the world, & accompanied to be of a syngular efficacy, in reducyng the body into good temper, specially which is in a distemperature of heate. For what auncient phisition is there, that in his workes commendeth not ptylane, whiche is none other than pure barley, brayed in a morter, and sodden in water: The same thyng is smalle and cleane ale or byere, sayunge that perchaunce, the dryenge of the malte, is cause of more dryth to be in the ale, than in ptylane. And the hoppes in biere maketh it colder in operation. But to say as I thynke, I suppose, y neither ale nor biere is to be compared to wyne, consideringe, that in them do lacke the heate and moysture which is in wyne. For that being moderately vbled, is most lyke to the naturall heate and moysture of mans bodye. And also the lykout of ale & biere beinge more grosse, do ingender more grosse vapours, and corrupt humours than wyne doth, beinge drunke in like excesse of quantitie.

As for Cyder, maye nat be good in any condition, consyderynge (as I sayde) that all fruites doo ingender yll humours, and doo coole to moche naturall heate: but to them, whiche haue abundance of red coler, moderatly vbled, it somewhat profyteth in mitigation of excessyue heate. But who that wyll diligently marke in the countreys,

treys. where syder is vsed for a common drynke, the men and women haue the colour of their bysage pallyd, and the skynne of theyr bysage ryuelled, although that they be yonge. Whay, yf it be leste of the butter, beinge well ordred, and not drynke, vntyll it haue a thicke curde of mylke ouer it, lyke to a hatte, is a right temperate drynke for as moche as by the vnctuositie of the butter, wherof the whay retayneth som portiō, it is both moist and nouryshynge, and clenseth the breaste: and by the subtylnes of it selfe, it dissendeth sone from the stomake, and is shortly digested. Also by reason of the affinitie, whiche it hath with mylke, it is conuertible in to bloude and fleshe, specially in those persons, whiche do inhabyte the northe partes, in whom naturall heate is conglutinate, and therfore is of moze puissance and vertue in the office of concoction. Also custome from chyldehode doth eleuate the power of meates and drynkes in their disposition, not withstandynge that the foure humours, sanguine, coler, fleume, and melancoly, must also be consydered, as it shal appere in diuers places hereafter.

¶ Of Honye. Cap. 22.

Honye as welle in meate as in drynke, is of incomparable efficacy, for it not onely clenseth, altereth, and nourisheth, but also it long tyme preserueth that vncozrupted, which is put in in to it. In so moche as Pliny sayth: Suche is the nature of hony, that it suffreth not the bodies to putrefie.

Plin. li. 21

trifie. And he affirmeth, that he dyd se an Hippo-
centaure (whiche is a beaste halfe man, half horse)
brought in honye to Claudius the emperour out
of Egypte, to Rome. And he telleth also of oone
Pollio Romulus, who was aboue a hundred ye-
res olde, of whome Augustus the emperour de-
manded, by what meanes he lyued so longe, and
retayned styll the bygout or liuelines of body and
mynd, Pollio answered, y he dyd it inwarde with
meade (whiche is drinke made with hony & water)
outward with oyle. Whiche sayeng agreeth with
the sentence of Democritus, the greate philoso-
pher: who being demanded, how a man mought
lyue longe in helthe, he aunswered, If he wette
hym within with honye, without with oyle. The
same philosopher, whan he was a hundred yeres
olde and nyne, prolonged his lyfe certayne dayes
with the euapozation of honye, as Aretoreus
writeth. Of this excellent matter, mozte wonder-
fully wrought and gathered by the lyttell bee, as
wel of the pure dewe of heuen, as of the most sub-
tyll humoz of swete & vertuous herbes & floures,
be made lykys comodious to mākynd, as mead,
metheglyn, and oximell. Meade, whiche is made
with one parte of hony, and foure tymes so moche
of pure water, and boyled vntyll no skym do re-
mayne, is moche comended of Galene, drinke in
sommer, for preseruyng of helth. The same au-
thor alway commendeth the vsynge of hony, cy-
ther rawe eaten with fyne breadde, somewhat le-
uened, or sodden, and receyued as drynke. Also
meade

Galen. de
auend. fac
sura. li. 4.

meade perfectly made, clenseth the bꝛeast and lunges, causeth a man to spytte easly, and to pisse abundantly, and purgeth the bely moderatly. Metheglyn, whiche is moſte vſed in wales, by reason of hotte herbes boyled with hony, is hotter than meade, and moze comforteth a colde ſtomake, if it be perfectly made, and not new oꝛ very ſtale. Orimell is, where to one part of vyneger is put double ſo moche of honye, foure tymes as moche of water, and that being boyled vnto the third part, and cleane ſkymmed with a fether, is vſed to be taken, where in the ſtomacke is moche fleume oꝛ matter vndigested, ſo that it be nat redde choler. Loke the vſe therof in Alexandꝛo Tralliano.

Many other good qualities of honye. I omitte to wꝛite of, vntyll ſome other occaſion ſhall happen, to remember them partycularly, where they ſhall ſeme to be profitable.

¶ Sugar. Cap. 23.

Of Sugar, I do fynd none auncient authoꝛ of grekes oꝛ latynes, do wꝛite by name, but onely Paulus Aegineta, who ſayth in this wyſe, after that he hath treated of hony. Moreover ſugar, whiche they calle hony, that is brought to vs from Arabia, called Felix, is not ſo ſweete as oure hony but is equall in vertue, and doth not annoy the ſtomake, noꝛ cauſeth thyrſt. Theſe be the wordes of Paulus. It is nowe in dayely experyence, that Sugar is a thyng very temperate and nouryſhyng, and where there is choler in the

Stomacke, oꝛ that the stomacke abhorreth honye,
it may be vsed foꝛ hony in all thinges, wherin ho-
ny is required to be. With sugar and vyneget is
made Sirupe acetose.

Sirupe a-
cetose.

¶ Of tyme. Cap. 24.

In the consyderation of tyme, foꝛ takynge of
meates and drynkes, it is to be remembꝛed, that
in winter meates ought to be taken in great a-
bundaunce, and of a moze grosse substance than
in sommer, foꝛasmoch as the exterior ayre, whi-
che compasseth the body beinge colde, causeth the
heate to withdꝛawe into the inner partes, where
beinge inclosed, and gathered nygh together in the
stomake and entrayles, it is of moze foꝛce to boyle
and digeste that, whiche is receyued in to it. Also
meates rosted, are than better than sodden, & fleshy
and fysh powdꝛed, is than better than in somer.
Herbes be not than commendable, specially raw,
neither frutes, excepte quynces rosted oꝛ baked:
Drynke shuld be than taken in a lyttell quantitie.
Moze ouer wyne shal nede no water, oꝛ very ly-
tell, and that to colerike persones: redde wyne,
and they, whiche be thicke and swete may be than
mozte surely taken of them, whiche haue none o-
pilation, oꝛ the stone. Alway remember, that in
wynter fleume increaseth, by reason of rayne and
moystnes of that season, also the length of nigh-
tes and moche rest. And therfoꝛe in that tyme co-
lerike persons, at best at ease, scemably are yong
men: but to olde men wynter is enemy. It begin-
neth

wynter.

Drinke.

Gal. in cō
ment. in a
pho. 2. li. 3

neth the. viii. day of Nouember, and endureth vn
till the. viii. day of february.

The sprynge tyme dothe participate the fyrste Sprynge
parte with wynter, the later parte with sommer. tyme.
Wherfore if the fyrst parte be colde, than shall the Hippocra
diete be accordeinge to winter. If the ende be hote, tes de na
than shall the diete be of summer. If both partis tura hu
be temperate, thā shuld there be also a temperāce manā
in diete: alway consyderynge, that fleume yet re
maineth, and bloude than increaseth. And meate
wolde be lasse in quantitie thanne in wynter, and
drynke somewhat more. Sprynge tyme begyn
neth the. viii. day of february, and continueth vn
till the. viii. day of May.

In Sommer the inward heate is but lytel, and Sommer.
the stomake doth not digest so strongly nor quik Gal. com.
ly, as in winter. Wherfore in that season, eatinge in aphor.
often, and a lyttell at ones, is mooste conueniente, 18. li. i.
And Damascenus sayth, that fastyng in sommer
drieth the bodye, maketh the colour salowe, in
gendreth melancolpe, and hurteth the syght. also Hippocra
bopled meate, breade steved in white brothe, with tes de hu
sodden lettise, or cikorie, are than good to be vsed, moribus.
also varietie in meates, but not at one meale, po
tages made with colde herbes, drynke in more a
bundance, wyne alayde with water, to hotte com
pletions moche, to colde natures lasse. In this
season bloudde increaseth, and towarde the ende Galen. in
therof, coler. And therfore they, whiche be cold of commen.
nature and moyst, are than best at ease, hotte na in aphor.
tures and drye warste. Wherouer childerne, and

also he permitteth them in hotte wether to drinke cleere water.

Children.
Onibasilus
de uirtute
simp. li. i.

A chylde growynge faste in his members towarde a man, so that he semeth well fedde in the body is than to be feared of fulnesse of humors, and if it be perceiued, that he is replete, than must be withdrawen and minished some parte of that nutriment, and accordinge vnto his age, some euacuation wolde be deuised, otherwhile by exercise, walkynge vp and downe fastinge, and before that they eate any meate, let them exercise theym selves with their owne labours, and do their accustomed busynes, and eate the meates, wherbynto they be most vsed, so that it be suche, that maye nat hurte theym. And this nede they not to knowe of phisitions, but by experience and diligent serch by their stoole, their nourices shal perceyue what digesteth wel, and what doth the contrary.

But if it appere, that by excessiue fedinge, the bealy of the chylde is fuller and greater than it was wonte to be, and that whiche passeth by the bealy, is corrupted, or his sweate stynketh. These thinges knowen, if they eate strong meates, giue them not one kynde of meate, but dyuers, that the noueltie of the meate may helpe, that they may go moze easily to the stoole. For if any haue an vnreasonable appetite, he is sooner recouered, if he be purged by a boyle or impostume comen forth and broken, before that the meate be corrupted: and after that let him eate fine meates, and being ones hole retourne by lytell and lytell to his olde custome.

Yonge

Yonge men, excedyng the age of. xiiii. yeres, Yong mē
 Shall eate meates moze grosse of substaunce, col-
 der and moyster: also salades of cold herbes, and
 to drinke seildome wyne, excepte it be alayed with
 water. Albeit all these thynges must be tempred,
 accoꝝdinge to their complexion, and exercise and
 quietnesse in lyuinge, wherof ye shall rede in their
 proper places hereafter.

Olde men, in whome naturall heate & strength Olde mē.
 semeth to decay, shuld vse alway meates, whiche
 are of qualitie hotte and moyste, and therewithall
 easy to be digested, and abstayne vtterly from all
 meates and drynkes, which wyll ingender thicke
 iuyce and slippy, semblably from wyne, whiche is
 thynke, swete, and darke redde wyne, and rather
 vse them, which wyll make thynne humours, and
 wyl purge wel the bloud by brine: therfoze white
 oꝝ yelow wyne, and perchance frenche claret wi-
 nes are foꝝ them very cōmendable. Also wine pre-
 pared with pure hony clarified, wherin rootes of
 persely oꝝ fenell be stieped, specially if they suspect
 any thing of the stone, oꝝ goute. And if they moze
 desyre to clense their raynes and bladder: than is
 it good to vse small white wine, as racked renishe
 wine, oꝝ other like to it, and somtyme to stepe ouer
 night therin a persely rote slit, and somewhat bꝛui-
 sed, and a lytel lykozice. finally, let them beware
 of all meates, that wyll stoppe the poyes, & make
 obstructions oꝝ oppilations, that is to saie, with
 clammy matter stoppe the places, where the na-
 turall humours are wrought & digested, the whi-
 che

Paulus E-
 gineta. li. i
 cap. 13.

Opilafis
 what they
 are.

THE SECONDE

che meates I haue befoze set in a table. But if it chaunce them to eate any suche meate in aboundaunce, let them take shortlye suche thynges, as do resyste oppilations, or resolute them. As whyte pepper brused & myxt with their meates or drinke: garlyke also, or onions, if they abhorre them nat. Allway remember, that aged men shuld eate often, and but litel at euery time, for it fareth by them as it doth by a lampe, the lyght wherof is almost extincte, which by pouring in of oyle litel and litel is long kept bourninge: & with moch oyle poured in at ones, it is clene put out. Also they must forbear all thynges, which do ingender melancoly, wherof ye shall rede in the table befoze: and breadyde clene without leuen is to them vnholysome.

¶ Moderation in diete, hauyng respect to the strength
or weakenes of the persone. Cap. 26

Now here it must be considred, that although I haue wrytten a generall diet for euery age, yet nethelisse it muste be remembred, that somme chyldren and yong men, eyther by debilitie of nature, or by some accidentall cause, as syckenes, or moche studye, happen to gather humours fleumaticke or melancoly in the places of digestion, so that concoction or digestion is as weke in them, as in those, whyche are aged. Semblable, some olde men fynde nature so beneficiall vnto theym, that their stomakes and lyuers are more stronge to dygeste, than the sayde yonge men, somme perchance haue moche choler remainynge in them.

In

In these cases the sayd ponge men muste vse the diete of olde men, oꝛ nygh vnto it, vntyll the dyscrasy be remoued, hauinge alway respect to theyꝝ vnpuersall complexion, as they, which are naturally colerike, to vse hotte thynges in a moze temperance than they, whiche be fleuinatyke, oꝛ melancoly by nature. The same obseruation shall to be olde men, sauinge that age, of his owne proportion is colde and drye, therefore the olde man, that is choleryke, shall haue moze regarde to moysture in meates, than the ponge man, beinge of the same complexion. Forseene alwaye, that where nature is offended oꝛ greued, she is cured by that, whiche is contrary to that, whiche offendeth oꝛ greueth, as colde by heate, heate by colde, drye by moysture, moysture by drye. In that wherby Nature shoulde be nourysed, in a hole, and temperate body, thinges must be taken, whiche are lyke to the mannes nature in qualitie and degree. As where one hath his bodye in a good temper, thynges of the same temperaunce dothe nouryshe hym. But where he is out of temper, i. in heate, colde, moysture, oꝛ drye, temperate meates oꝛ drynkes, nothyng do profite hym. For beinge out of the meane and perfyte temperature, nature requyꝛeth to be thereto reduced by contraries, remembryng not oonely, that contraries are remedye vnto their contraries, but also in euery contrary, consideration be hadde of the proportion in quantitie.

Hippocra.
aphor.
Galen. in
comment.

Besides the tymes of the yere and ages, there be also other tymes of eatinge and drynkinge to be remembred, as the sundry tymes in the day, whiche we call meales, which are in number and distance, accordinge to the temperature of the countrey and person: As where the countrey is colde, and the person lusty, and of a strong nature, there may mo meales be vsed, or the lasse distaunce of tyme betwene the. Contrary wise in contrary contraires and personages, the cause is afoze reherfed, where I haue spoken of the diete of the tymes of the yere, notwithstandinge here must be also consideration of exercise and rest, which do augment or appaire the naturall disposition of bodyes, as shalbe moze declared hereafter in the chapiter of exercise. But concernynge the generall vsage of countreys, and admitting the bodies to be in perfite state of helthe, I suppose, that in Englande, yong men, vntil they come to the age of. xl. yeres, may well eate thre meales in one day, as at brykefast, dyner, and supper, so that betwene brykefast, and diner, be the space of foure houres at the lest, betwene diner and supper. vi. houres, & the brykefast lasse than the diner, and the dyner moderate, that is to say, lasse than facietie or fulnesse of belly, and the drynke therbnto mesurable, according to the drynesse or moystnes of the meate. For moche abundance of drynke at meale, drowneith the meate eaten, and not only letteth conuenient concoction

coction in the stomake, but also causeth it to passe faster than nature requireth, and therfore ingendreth moche fleume, and consequently reumes, & crudenes in the baynes, debilitie and slyppernes of the stomacke, contynuall fluxe, and many other inconueniences to the body and members.

But to retourne to meales, I thynke bʒeakefast Bʒeakefast necessary in this realme, as well for the causes befoʒe reherſed, as also forasmoch as coler beinge feruent in the stomacke, sendeth by fumosities vnto the bʒayne, and causeth head ache, and sometyme becomyeth aduste, and sinouldyeth in the stomake, wherby happeneth peryllous syckenes, and somtyme sodayne deathe, if the heate inclosed in the stomake haue nat other conueniente matter to woʒk on: this dayly experience pʒoueth, and naturalle reason confirmeth. Therfore men and women not aged, hauynge their stomackes cleane without putrified matter, slepyng moderately and soundly in the nyght, and felinge themselves lyght in the moʒninge, and swete bʒethed, let them on goddis name bʒeake their fast: Colerike men with grosse meate, men of other complexions with lyghter meate. Foʒeſeene, that they labour somewhat befoʒe: ſemblably their diner and supper, as I haue befoʒe wʒitten, so that they sleape not incōtinent after their meales. And here I wyl not recyte the sentences of authoʒs, whyche had neuer experience of Englyshe mens natures, oʒ of the iuste temperature of this realme of Englande, onely this counsaile of Hipocrates shall

¶ iii

be

Hipoc. 2.
phor. 18.
li. 1.
Galen de
tuen. sani.

be sufficient. We oughte to graunt somewhat to time, to age, & to custom: not withstanding where great wearinesse oꝛ dꝛyth, greueth the body, ther ought the dyner to be the lesse, and the longer distance betwene dyner and supper, also moche rest, excepte a lyttell softe walkynge, that by an vpright mowynge, the meate being styred, may descend. This is alway to be remembred, that where one feleth hym selfe full, and greued with his dyner, oꝛ the sauoure of his meate by eructation ascendeth, oꝛ that his stomake is weke by late syknes oꝛ moche study, than is it most conuenient, to absteyne from supper, & rather prouoke him selfe to slepe moch, than to cate oꝛ dꝛinke any thinge. also to dꝛinke betwene meales, is not laudable, excepte very greate thirste constrayneth, foꝛ it interrupteth the offyce of the stomake in concoction, & causeth the meate to passe faster thā it shuld do, & the dꝛinke being cold, it rebuketh naturall heate that is workinge, and the meate remaininge raw, it corrupteth digestion, & maketh crudenes in the vaines. wherfore he y is thirsty, let him consider the occasion. If it be of salt fleme, let hym walke faire & softly, and only washe his mouth and his throte, with barly water, oꝛ with small ale, oꝛ lye downe and slepe a lyttell, and so the thirst wil passe away, oꝛ at the least be well asswaged. If it happen by extreme heat of the aire, oꝛ by pure coler, oꝛ eatinge of horte spices, let him dꝛinke a lyttell iulep made with cleane water and sugar, oꝛ a lytel smal biere oꝛ ale, so that he dꝛinke not a great glut, but
in a

in a lytel quantite, let it styl downe softly in to his stomake, as he sitteth, & than let him not moue so dainly. If the thirst be in the eueninge, by eatinge to moche, and drynkinge of wine, than after the opinion of the best lerned phisitions, and as I my selfe haue often experienced, the best remedy is, if there be no feuer, to drynk a lytell draught of cold water immediatly, or els if it be not peynesfull for hym, to vomite, to prouoke him therto with a litel warm water, & after to washe his mouth with vineger & water, and so to slepe long & sundly, if he can. And if in the moorninge he fele any fumosities rysynge, than to drinke iulep of violettes, or for lacke thereof, a good draught of betye smalle ale or biere, somewhat warmed, without eatynge any thynge after it.

¶ Of diuersitie of meates, whereby healthe is appayred, Cap. 28.

NOwe let this be a generall rule, that sundry meates, being dyuers in substance and qualitie, eaten at one meale, is the greattest enemy to helth, that may be, & that whiche ingendzeth most syknesse. for some meates being grosse and hard to digest, some fyne and easy to digest, do requyre dyuers operations of Nature, and dyuers temperatures of the stomake, that is to saye, moche heate, and temperate heate, whiche maye nat be togyther at one tyme. therfore whanne the fyne meate is sufficyentely boyled in the stomacke, the grosse meate is rawe, so bothe iuyces, the one
good

good and perfite, the other grosse and crude, at one tyme digested, and sente in to the baynes and body, nedes must helthe decaye, and sycknesses be ingendred. Likewise in dyuers meates beinge dyuers qualities, as where some are hot & moist, some colde and moyste, some hotte and drie, some colde and dry, accorpyng therunto shall the iuice be dyuers, which they make in the body. And like as betwene the sayd qualities is contrarietie, soo therby shalbe in the body an vnequall temperature, forasmuche as it is not possyble for man to esteeme so iust a proportion of the qualites of that whiche he receyueth, that the one shall nat excede the other. Wherefore of the sayde vnequall mixture, nedes muste ensue corruption, and consequently sycknes. And therfore to a hole man it were better, to fede at one meale competently on very grosse meate only, so that it be swete, and his nature do not abhorre it, than on diuers fyne meates, of sundry substance and qualities. I haue knowne and sene olde men and olde women, whiche eatyng onely biese, bakon, chese, or curdes, haue continued in good healthe, whome I haue proued, that whan they haue eaten sundrye fyne meates at one meale, haue soone after felte they in selfe greued with frettynges and head ache, and after that they haue ben hole agayne, there hathe ben gyuen to them one kynde of lyght meate, they haue done as well therewith, as they were wonte to do with grosse meates. whan they ate it alone whiche proueth to be true that whiche I haue rehearsed.

herfed. And it is good reſon, for after the generall opinion of philoſophers and phiſitions, the nature of mankynde is beſt contente with thynges moſte ſymple and vniuerſall, all thynges tendinge to vniuerſall, wherein is the only perfection. Alſo it is a generall rule of phiſicke, that where a ſyckneſſe may be cured with ſimples, that is to ſaye, with one onely thinge that is medicinable, there ſhould the phiſition gyue no compoſunde medicine myxt with many thynges. Theſe thynges conſydered it may ſeme to all men, that haue reaſon, what abuſe is here in this realme in the continual gourmetiſe, and dayly feedinge on ſundry meates, at one meale, the ſprite of gluttony, triumphynge amonge vs in his glorious chariotte, calld welfare, dyuyng vs aſo, & hym, as his priſoners, into his dungeon of ſurfet, where we are tourmented with catarres, feuers, goutes, pluresies, frettinge of the guttes, and many other ſyckneſſes, and ſynally cruelly put to dethe by them, oftentimes in youth, or in the moſt pleaſant tyme of our lyfe, whan we wolde moſte gladly lyue. For the remedy wherof, how many tymes haue there ben deuysed, ordynaunces and actes of counſayle, all though perchance bodyly helth was nat the chief occaſion thereof, but rather prouiſion agaynſte bayne and ſumptuous expenſes of the meane people. For the nobilitie was exempted and had libertye to abide ſtyl in the dungeon, if they wold, and to lyue laſſe whyle than other men: But whā, where, and howe longe were the ſayd good deuys

Gluttony

les put in due execution, for all that therof shuld succede double profit, that is to say, helth of body and increase of substance, by eschewing of superfluous expenses in sundry dishes: Alas how longe wyll men fantasy lawes and good ordynaunces, and neuer determyne them. Fantasy procedeth of wytte, determination of wisdom, witte is in the deuising & spekyng, but wisdom is in the performance, whiche resteth onely in execution. Here I had almost forgotten, & my purpose was to write of the order of diete, and not of lawes, but the feruent loue that I haue to the publike weale of my countrey, constrained me to digresse somewhat from my matter: but nowe wyll I procede forth to write of order, whyche in takynge of meates and drynkes, is not the leste parte of diete.

¶ Of Order in receyuyng of meate and drynke. Cap. 29.

HErbes as well sodden as vnsodden, also frutes, whiche do mollifie and louse the bealye, ought to be eaten before any other meate, excepte that sometyme for the repressyng of fumosities, rysyng in the head by moche drynkynge of wyne, rawe lettyse, or a colde apull, or the iuyce of oranges or lymons maye be taken after meales in a lyttell quantitie. Moreover all brothes, mylke, cere egges, and meates, whiche are purposely taken to make the bely soluble, wold be fyrst eaten. All frutes and other meates, that are styptike or byndynge, wolde be eaten last of all other. frutes

tes confectionate specially with hony ar not to be eaten with other meates. But here it is to be diligently noted, that where the stomake is colericke and stronge, grosse meates wolde be fyrste eaten: where the stomake is colde oꝝ weake, there wolde fyne meates be first eaten. foꝝ in a hot stomak fine meates are bourned, whyle the grosse meate is digestyng. Contrarywise in a colde stomake, the litle heate is suffocate with grosse meate, and the fine meate left raw, foꝝ lacke of concoction, where if the fine meate be first taken moderately, it styreth vp and comforteth naturall heate, and maketh it more able to concoct grosse meates, if they be eaten afterward: so that it be but in smal quantite. not withstanding, as I late affirmed, one manner of meate is most sure to euery cōplexion. foꝝ sene that it be alway most cōmonly in conformitie of qualites, with the person that eateth. More ouer take hede, that supper meates be not fyrste eaten, lest it draw with it to hastily other meates oꝝ they be digested, noꝝ that stiptik oꝝ restrainyng meates be taken at the begynnynge, as quinces, peates, and medlars, lest they may let other meates, that they descende not in to the bottom of the stomake, where they shulde be digested, not withstandinge the confection made with the iuyce of quynces called Dacyronites, taken. ii. houres afoꝝe dynet oꝝ supper, is commended of Galen, & other, foꝝ restoring appetite, & making good concoction. Also concerninge drynke at meales, it wold not be afoꝝe that somwhat were eaten. And at the begin-

Drinke at
meales.

And

nyng

nunge, the Drinke wold be strongest, and so toward
 the end more small, if it be ale oꝛ biere: and if it be
 wyne, more and more alayde with water. And af-
 ter the better opinion of physitions, the Drynke
 wolde rather be myxte with the meate by sundꝛe
 lyttell draughtes, than with one greate draughte
 at the ende of the meale, foꝛ the myxture tempꝛeth
 well the meate without annoyāce: a great draught
 with moch Drynke, Dꝛowneth the meate, rebuketh
 naturall heate, that than woꝛketh in concoction,
 and with his weight Dꝛyueth Downe the meate to
 hastily. Note wyne & swete, oꝛ confectioned with
 spices, oꝛ very stronge ale oꝛ biere, are not conue-
 nient at meales, foꝛ the meate is by theym rather
 corrupted, than digested, and they make hote and
 synkyng vapours ascend vp to the braynes, al-
 beit if the stomacke be very wyndy, oꝛ so cold and
 feble, that it can not concocte suche a quantitie of
 meat, as is requyred to the sufficient nourishment
 of the body of hym that eateth, oꝛ hath eaten raw
 herbes oꝛ frutes, wherby he feleth some annoy-
 ance, than may he Drynke laste incontinent after
 his meale a lyttell quantitie of secke, oꝛ good a-
 qua vite in small ale: but if he haue moche coler
 in his stomake, oꝛ a head full of vapours, it were
 moche better, that he dyd neither Drynke the one,
 noꝛ the other, but rather cate a lyttell colyander
 sede pꝛepared, oꝛ a piece of a quynce roasted, oꝛ in
 marmelade, and after rest, to amende the lacke of
 nature with slepe, moderate exercise, and plasters
 pꝛouyded foꝛ comfortynge of the stomacke. And
 here

here wylle I leaue to write any more of the diete in eatinge and drinkeinge, sauinge that I wold, that the reders shulde haue in remembrance these two counsailes. Fyrst, that to a hole man, to p̄cise a rule is not conuenient in diete: and that the diseases, whiche do happen by to moche abstinence, are wares to be cured, than they whiche come by repletion. And as Cornelius Celsus saith, A man that is hole and well at ease, & is at his lybertie, ought not to bynde him selfe to rules, or nede a phisition: but yet where the stomacke is feeble, as is of the more part of citelyns, and well nygh all they that be studious in lernynge or weyghtye assayres, there ought to be more circumspection, that the meate may be suche, as that eyther in qualitie or quantitie, nature being but feble, be not rebuked, or to moche oppressed.

Cor. Cel.
li. 1. ca. 1.

Idē. cap. 2.

¶ Of sleape and watche. Cap. 30.

The commoditie of moderate slepe appereth by this, that naturall heate, whiche is occupied about the matter, wherof procedeth nourishment, is comforted in the places of digestion, and so digestiō is made better, or more perfit by slepe, the body fatter, the mynde more quiete and clere, the humours temperate: as by moche watche all thynges happen contrarpe. The moderation of slepe must be measured by helthe and syckenes, by age, by tyme, by emptynesse or fulnesse of the body, & by naturall complexions. Fyrst to a hole mā hauing no debilitie of nature, and digesting per-

fyttly the meate that he eateth, a lyttel slepe is sufficient: but to them, which haue weake stomakis, & do digest slowly, it requirreth that sleape be moch longer. semblable tēperance is required in youth and age, wynter and sommer. The body beinge full of yll humoꝝ, very lyttell slepe is sufficient, except the humoꝝ be crude oꝝ raw, foꝝ thā is slepe necessary, whiche digesteth theym better than labour. Semblably, where the body is long empty by longe syknesse oꝝ abstinence, slepe comforteth nature, as well in the principall members, as in all the other. Also regarde must be had to the complexion, foꝝ they that are hot, & do eate lyttell & digest quickly, a lyttell slepe serueth, specially to coleryke persons, foꝝ in them moche slepe augmenteth heate, moꝝe than is necessary, whereby hot fumes and inflammations are often ingendꝛed, & somtyme the naturall coler is aduste oꝝ putrified, as experience teacheth. Fleumatike persons are naturally inclyned to slepe: and bycause they ingendꝛer moche humoꝝs, they require moꝝe sleape than sanguine oꝝ colerike. Persons hauynge natural melancoly, not procedynge of coler aduste, do requyre very moch slepe, which in them comforteth the powers animall, vitall, and natural, which ye may finde wꝛiten in the tables pꝛecedynge. Slepe wold be taken not immediatly after meales, & befoꝝe that the meate is disceded from the mouth of the stomake. foꝝ thereby is ingendꝛed peines & noyse in the bely, & digestion corrupted, & the slepe by yll vapoꝝs ascēding, made vniquiet & troublus.

Moꝝe

Moreover immoderate slepe maketh y^e body apt vnto palseis, apoplexis, falling siknes, reumes, & unpostumes, also it maketh the wittes dulle, and the body slowe & vnapt to honest exercise. semblably imoderate watch drieth to moch the body, and doth debilitate the powers animall, letteth digestion, & maketh the body apt to consūptiōs. wherfore in these .ii. thiges, aswel as al other, a diligēt tēperance is to be vled. the moderation is best cōiected (fo^r it is hard perfutly to know it) by the sensible lightnes of al the body, specially of the b^rain the b^rowes and the cies, the passage downe of the meat from the stomake, the wyll to make vrine, & to go to the stoole. Contrarywys, heuynes in the body & cies, and sauour of the meate befoze eaten signifieth that the slepe was not sufficient. They that are hole must slepe fy^rst on the right syde, bycause the meate may approche to the lyuer, whiche is to the stomake, as fy^re vnder the pot, & by hym is digested. To them, which haue feble digestion, it is good to slepe prostrate on their bealies, o^r to haue their bare hand on their stomakes. Lienge vpright on the backe is to be vtterly abhoyred.

¶ The commoditie of exercise, and the tyme whan it shuld be vled. Cap. 31.

Every meupng is not an exercise, but only that whiche is behement, thende wherof is alteration of the b^reach o^r wynde of a man. Of exercise do procede two commodities. euacuation of ex-

Exercise

Euacuatō
Excremē
tes,

Exercise beinge a vehement motion, therof nedes must ensue hardnes of the members, wherby labour shal the lesse greue, and the body be the more stronge to labour. also therof commeth augmentation of heate, wherby hapneth the more attraction of thynges to be digested, also more quicke alteration, and better nourysheynge. More ouer, that all and syngular partes of the body, be therewith somewhat humected, wherby it hapneth, that thynges harde be mollified, moyste thynges are extenuate, and the poores of the bodye are more opened. And by the vyolence of the breathe or wynde, the poores are clenfed, and the fylthe in the bodye naturally expelled. This thyng is soo necessary to the preservation of heith, that without it, no man may be longe without spekenesse, whiche is affirmed by Cornelius Celsus, sayeng, that sluggishenes dulleth the body, labour doth strength it, the firste bringeth the incommodities of age shortly, the last maketh a man longe tyme lusty. Not withstandynge in exercise ought to be foure thynges diligently considered, that is to say, the tyme, the thynges pcedynge, the qualitie and the quantitie of exercise.

Fyrst as concernynge the tyme conuenient for exercise, that it be not whā there is in the stomake or bowels, greatte quantitie of meate not sufficiently digested, or of humours crude or rawe, lest therby peryll moughte insue by conuepaunce of them in to al the members, before those meates or humours be concoct or boyled sufficiently. Galen sayth,

Cor. Cel.
lib.

sayth, that the tyme moſte conuenient for exerciſe is, whan bothe the firſte and ſeconde digeſtion is complete, as wel in the ſtomake, as in the vaines, & that the tyme appoacheth to eate eſtſones. For if ye do exerciſe ſoner or later, ye ſhall eyther ſyll the body with crude humours, or elles augment ye lowe coler. The knowlege of this tyme is perceyued by the colour of the vrine, for that whiche reſembleth vnto clere water, betokenethe, that the iuyce, whiche cometh from the ſtomake, is crude in the vaynes: that whiche is well coloured, not too high or baſe, betokeneth, that the ſecond digeſtion is now perfeite: where the colour is very high or redde, it ſygnifyeth, that the concoction is more than ſufficient. Wherefore whan the vrine appeareth in a temperate colour, not red nor pale, but as it were gilt, that ſhuld exerciſe haue his beginning.

Galen. de
nien. ſan.
lib. 2.

¶ Of fricaſies or rubbynges precedinge
exerciſe. Cap. 32.

As touching thinges preceding exerciſe, for as moch as it is to be feared, leſt by vehement exerciſe any of the extremities of the bely or bladder, ſhuld haſtily be receiued into the habit of the body, by the violence of hete, kindlyd by exerciſe: alſo leſt ſome thinge, which is hole, be by heuynes of excrementes, or by violent motion, broken or pullyd oute of his place, or that the excrementes, by violence of the bryeth, ſhuld ſtop the pores or cun- dities of the body, it ſhalbe neceſſary lytell and lytell, by chaſinge the body, firſt to mollify the par-

Galenus.
Paulus.
Oribasius
Aetius.

Obstructi
on rupture

tes consolidate, & to extenuate or make thinne the humours, and to louse and open the poores, and than shall ensue to hym that exerciseth, no peryll of obstruction or rupture. And to brynge that to passe, it shall be expedient, after that the bodye is censed, to rubbe the bodye with a course linnen cloth, first softly & easily, & after to increase more and more, to a harde and swift rubbing, vntyl the fleshe do swelle, and be somewhat ruddy, and that not only down right, but also ouerthwart & round. Some do vse fricasies in this forme. In the morning, after that they haue ben at the stoole, with their shirte sleue or bare hande, if their fleshe be tender, they do first softly, & afterward faster, rub their breste, and sydes downewarde, and ouerthwarte, not touching their stomake or bealy, and after cause their seruant semblably to rubbe ouerthwart their shulders and backe, begynnynge at the neckebone, and not touchynge the raynes of their backe, excepte they do fele there moche colde and wynde, and afterward their legges from the knees to the ancle: last their armes, from the elbowe to the handewreste. And in this fourme of fricasie, I my self haue founden an excellent commoditye. Olde men, or they, whiche be very dry in their bodies, if they put to some swete oyles, as Yrinum, Nardinum, Chamemelinum, or other lyke, myxt with a lyttell swete oyle of roses, I suppose they do wel. I wyl not here speke of oyntementes vled in olde tyme amonge the Romayns and Grekes, in fricasies or rubbynges. For I suppose, y they were

were neuer here bled. and in the sayd places, they be also leste, onles it be in palseys, oꝛ apoplexies, oꝛ agaynst the rigour, whiche hapneth in feuers. only I wyl remember the saying of Hippocrates. Fricaspe hath power to louse, to bynde, to increase fleshe, and to minyshe it. Foꝛ harde fricasies doo bynde oꝛ consolydate. Softe rubbynge dothe louse oꝛ mollifie. moch doth minishe fleshe, meane rubbingg doth augment oꝛ increase it. He that wylle knowe moze abundantly hereof, let hym rede the boke of Galen of the pꝛeseruation of helth, called in latyn *De tuenda sanitate*, thanlated moost truely & eloquently, out of Greke in to latyn, by doctour Linacre, late phisition of most worthy memoꝛy to our souerayne loꝛde kynge Henry the eight. The same mattier is wꝛitten moze bꝛefely of Paulus Aegineta, Oribasius, Aetius, and some other late wꝛiters, but vnto Galene not to be compared.

¶ The diuersities of exercises. Cap. 33.

The qualitie of exercise is the diuersitie thereof, foꝛasmuche as therein be many differences in mouynge. and also some exercise moueth moze one part of the body, some an other. In difference of mouynge, some is slow oꝛ softe, some is swifte oꝛ faste: some is stronge oꝛ byolent, some be myxt with strength & swiftnesse. Stronge oꝛ byolente exercises be these, deluyng (specially in toughe clay and heuy, bearynge oꝛ susteynyng of heuye burdeyns, clymmyng oꝛ walkyng agaynst a steepe vpryght hyll, holdyng a rope, and clymmyng vꝛtherby

therby, hangyng by the handes on any thing, aboue a mans reach, that his fete touche not the ground: standing and holdinge vp, or spredinge the armes, with the handes fast closed, & abidinge so a longe tyme. Also to holde the armes stedfast, causinge an other man, to assay, to pull them out, and not withstandyng he kepeth his arme stedfast, in forcynge ther vnto the sinewes and muscles. Wastlyng also with the armes and legges, if the persons be equall in strength, it dothe exercise the one and the other: if the one be stronger, than is it to the weaker a more violent exercise. All these kyndes of exercises, and other like them, do augment strength, and therfore they serue only for yonge men, which be inclined, or be apte to the warres. Swifte exercise without violence is, runnyng, playeng with weapons, tennis, or throwinge of the ball, trotting a space of ground forward and backward, going on the toes, and holdyng by the handes. Also sitting vp and downe his armes, without plummettes. Velehement exercise is compounde of vyolent exercise and swifte. whan they are ioyned together at one time, as dancynge of galpades, throwinge of the ball, and running after it, footeball play may be in the number therof, throwinge of the longe dart, and continuing it many times, runnyng in harneys and other lyke. The moderate exercise is longe walkinge or going a iourneye. The partes of the bodye haue sundry exercises appropyed vnto them, as running and going is the most proper for the leggis.

Mouinge of the armes vp & downe, or stretching
 them out, & playeng with weapons, serueth most
 for the armes and sholders, stouping and risinge
 often tyme, or lyftringe great weightes, taking vp
 plummettes or other lyke poysses on the endes of
 stauess, & in lyke wise, listynge vp in euery hande a
 speate or moysespike by the endes, specialy cros-
 sing the handes, and to lay them downe againe in
 their places, these do exercise the backe & loynes.
 Of the bulke & lunges the proper exercise is me-
 uing of the breath in syngyng or crieng. The en-
 trayles, which be vnderneath the myddresse, be ex-
 exercised by blowing, eyther by constraint, or play-
 eng on shaulines, or sackbottes, or other lyke in-
 strumettes, which do require moch wynde. The
 muscules are best exercised with holding the bryeth
 in, a longe tyme, so that he, whiche dothe exercise,
 hath well digested his meate, and is not troubled
 with moche wynde in his bodie. Celsus. 2. Spynallye lowde
 readyng, counterfayte bactayle, tenyse, or thio-
 winge the ball, runnyng, walkinge, adde to sho-
 tyng, which in myne opinion excede all the other,
 do exercise the bodie commodiously. Alway re-
 member, that the ende of vpolent exercise, is diffi-
 cultie in fetchyng of the bryeth. Of moderate exer-
 cise, alteration of bryeth onely, or the beginninge
 of sweate. Moreouer in wynter, runnyng, and
 wastlyng is conuenient. In sommer wastlyng
 alytell, but not runyng. In very cold wether, mo-
 che walkinge, in hote wether, rest is more expedi-
 ent. They which seme to haue moist bodiess, & liue

in idelnes. they haue nede of violett exercise. They which ar lean and coleryke, must walk softly, and exercise them selves very temperatly. The plummettes, callid of Galen Alteres, whiche are now moche vled with gret men, being of equall weight & according to the strength of him that exerciseth, are verye good to be vled fastynge, a lytel before breakfast o: dyner, holdynge in euery hande one plummet, and lyfityng them on high, and bringyng them downe with moche byolence, and so he may make the exercise violent. o: moderate, after the poyse of the plummettes, heuyer o: lyghter, and with moche o: lyttell labourynge with them.

¶ Of Gestation, that is to say, where one is carryed, and is of an other thyng meued, and not of hymselfe. Cap. 34.

Gestation.
Paulus Es
Sineia.
Actius.

There is also an nother kynde of exercise, whiche is called Gestation, and is myxt with mo:uyng and rest. For as moche as the body, settinge o: lyenge, semeth to rest, and not withstandynge it is meued by that, which beareth it, as lienge in a bedde, hanginge by cordes o: chaynes, o: in a cradell, sytting in a chaire, whiche is carryed on mens shulders with staues, as was the vse of the aun-
cient Romaines, o: syttinge in a boote o: barge, whiche is rowed, rydyng on a horse, whiche am-
bleth very easly, o: gothe a very softe pace. The bed, cradel, and chaire carryed, serueth for them, & at in long & continuall siknes, o: be lately recou-
red of a feuer. Also them, whiche haue the franly
o:

oꝛ letharge, oꝛ haue a lyghte terciane feuer, oꝛ a
cotidiane. This exercise swetely asswageth trou-
bles of the mynde, and prouoketh slepe, as it ap-
pereth in chylderne, whiche are rocked. Also it is
conuenient foꝛ them, whiche haue the palsey, the
stone, oꝛ the gowte. Gestation in a charyot oꝛ wa-
gon hath in it a shakynge of the body, but som be-
heement, and some moꝛe softe. the softe serueth in
diseases of the heade, and where any matter run-
neth downe in to the stomake and entrayles. But
the vehement shakynge is to be vsed in the grie-
fes of the bꝛeast and stomake. Also in swellynge of
the body and legges in dyopsies, palseys, mygri-
mes, and scotomies, which is an imagination of
darkenes, beyng returned, at the ende of his
iourney, he muste sytte vp and be easly moued.
I haue knowen, saythe Aetius, many persones
in suche wyse cured without any other helpe. Ra-
uigation oꝛ rowynge nygh to the land, in a calme
water, is expedient foꝛ them that haue dyopsies,
lepꝛies, palseys, called of the bulgare people, ta-
kynge, and fransies. To be caryed on a roughe
water, it is a vyolent exercise, and induceth sun-
dye affections of the mynde, sommetyme feare,
sometyme hope, nowe cowardde harte, nowe har-
dynesse, one whyle pleasure, an other whyle dys-
pleasure. These exercises, if they be wel tempꝛed,
they may put out of the body, all longe durynge
syckenesses. Foꝛ that whiche is myxt with reste
and meuyng, if any thinge els may, it most excel-
lently causeth the body to be well nourished. Cel-
sus

Celsus. 2.

sus doth prohibite gestation, where the body fee-
 leth payne, and in the begynnynge of feuers, but
 whan they ceasse, he alloweth it. Rydyngge mode-
 ratly, and without grefe, it doth corroboreate the
 spirite and body aboue other exercises. Speciallye
 the stomacke, it clenseth the senses, and maketh
 them more quicke: albeit to the breste, it is verpe
 noyfull. It ought to be remembred, that as well
 this, as all other kyndes of exercise, wold be vled
 in a hole countre, & where the ayre is pure and
 vncorrupted. For esene, that he that wold exercise,
 do go first to the stoole, for the causes reherfed in
 the laste chapter.

¶ Of vociferation. Cap. 35.

The chiefe exercise of the brest & instrumentes
 of the voyce is vociferation, whiche is syn-
 gynge, redynge, or crienge, wherof is the proper-
 tie, that it purgeth naturall heate, and maketh it
 also subtyll and stable, and maketh the members
 of the body substanciall and stronge, resisting dis-
 eases. This exercise wolde be vled of persones
 short wynded, and them, which can nat fetch their
 breste, but holdinge their necke streight vpright.
 Also of them, whose fleshe is consumed, specially
 about the breste and shulders. Also whiche haue
 had apostumes broken in their brestes: moreouer
 of them that are hooise by to moch moisture. and
 to them, which haue quarteyn feuers, it is conue-
 niente, it louseth the humour, that stycketh in the
 brest, and drieth vp the moistnes of the stomake,
 whiche

which properly the course of the quarten is wont to bring with hym, it also profiteth them, whiche haue feble stomakes, or do vomite continually, or do breake by sowzenes out of the stomake. it is good also for griefes of the head. He that intendeth to attempte this exercise, after that he hath ben at the stoole, and softly rubbed the lower partes, and washed his handes. Let him speake with as base a voyce as he can, and walkynge, begyne to synge lowder & lowder, but styl in a base voyce, and to take no hede of sweete tunes or armonye. For that nothinge doth profite vnto helthe of the body. but to inforce him selfe to synge great, for therby moch aire drawn in by fetchyng of bryeth, thrusteth forth the breast & stomake, and openeth and inlargeth the poores. By high cryeng & loude redyng, are expelled superfluous humors. Therefore men and women, hauinge their bodie feble, and their fleshe louse, and not firme, must reade oftentimes loude, and in a base voyce, extendyng out the wynd pipe, & other passages of the bryeth. But not withstandinge this exercise is not vsed alway, and of all persons. For they, in whome is abundance of humours corrupted, or be moch diseased with cruditie in the stomacke and baynes, those do I counsaile, to absteyn fro the exercise of a voyce, lest moche corrupted iuice or vapors, may therby be into al the body distributed. And here I conclude to speake of exercise, which of the, that desire to remain long in helth, is most diligently, & as I mought say, most scrupulously to be obserued.

THE THIRDE
THE THYRDE
BOKE

¶ Of Replecion. Cap. 1.



REPLECION IS A superfluous abundaunce of humours in the body: and that is in two maner of wyse, that is to say in quantitie, and in qualitie. In quantitie, as where all the foure humours are moze in abundance, than be equall in propozcion to the body that conteyneth theym, or where one humour moche exceedeth the remenaunt in quantitie. In qualytie, as where the bloud, or other humour, is hotter or colder, thyc-ker, or thinner, than is conuenient vnto the body. Fyyste, where all the humours, beinge superfluously increased, fylleth and extendeth the receptories of the bodye, as the stomacke, the vaynes, and bowelles, and is mooste properly callyd fulnesse, in greke *Plethora*, in latyne *Plenitudo*. The other is, where the bodye is infarced, eyther with coler, yelow or blacke, or with fleume, or with watry humours, and is properly callid in greke *Cachymia*, in latyne *Viciosus succus*, in englishe it may be called corrupt tynce. I wyll not here write, the subtyll and abundant definitions and discriptions of Galene in his bookes *de Plenitudine*, and in his comentaries vpon the aphorismes of Hippocrates.

crates. For it shall here suffice, to shewe the operations of replecion good or yll, remittinge them, which be curious, and desire a more ample declaration, to the most excellent warkes of Galene, where he may be satisfied, if he be not determy-
 ned to repugne against reason. Hipocrates saith, where meat is receyued moch aboue nature, that maketh syckenesse. Galene declarynge that place sayth: More meate than accoꝝdeth with natures measure, is named Replecion. And afterwarde he expoundeth that worde aboue nature, to signifyfe to moche and superfluously, as who sayth, where the meate is superfluously taken, it maketh syckenesse. For meate but a lyttell excedynge temperance, may not forth with make syckenes, but may yet kepe the body within the latitude or boundes of helthe, for the meate that shall make syckenes, must nat a lyttell excede the exquisite measure. The incommoditie, whyche hapneth therby is, that moistnesse is to moche extended and naturall heate is debilitate. Also naturall heate, resolucth somnewhat of the superfluouse meate and dynke. And of that, whyche is resolved of meate vndygested, procedeth fumosytie, grosse and vndygested, which ascendynge vp into the head, and touchynge the ryne, wherein the brayne is wapped, causeth head ache, trembling of the members, duskyshnes of the sight, and many other syckneses: also by the sharpnes therof, it prycketh and anoyeth the sinewes, which make sensibilitie, the rootes of whom, are in the braine.

Aph. li. 23

Apho. 15.

Vbi cibis

præter na

turā plus

ingerit est

hic morbus

facit.

Galen. in

comment.

loco præ-

dicto.

and from thens passeth throughe all the bodye. fynallye, the sayd fumositie, ingendred of replecion, percynge the innermooste parte of the sayd synewes, called sensible, it greuouely annoyeth the power animall, thre consistinge, by the occasion wherof, vnderstandynge and reason, as to the vse of them, are lette and troubled. And also the tongue, whiche is raysons exposytour, is depriued of his offyce, as it appereth in them, whyche are drunke, and them, whyche haue greuous peynes in theyr head, procedynge of replecion. Sygnes of replecyon be these, losse of appetite, delyte in nothyng, slouthfulnesse, dulnesse of the wytte, and senses, more sleape, than was accustomed to be, crampes in the bodye stertyng of saltion of the members, fulnesse of the vaynes, and thychkenesse of the poulles, horrour of moouelyng of the body myxt with heate. The remedies are abstinence, and all euacuacions, wherof I wil make mencio in the next chapiter.

Oribasius
Euporisto
lib. 1.

¶ Of Euacuation. Cap. 2.

The meates and drynkes receyued in to the body, if the stomake and lyuer doo their naturall office, be altered by concoction and digestio in suche wise that the best parte therof goth in the nourishment of the body: the worst, beinge sepe-
rate by the members officiall, from the residue, are made excrementes in sundrye fourmes and substances, whiche are lyke in qualitie to the natural humour, whiche than raigneth most in the body.
These

These excrementes be none other, but matter superfluous and vnsauery, whiche by naturall powers may not be couerted in to fleshe, but remayning in the body corrupt the members, and therefore nature abhorrynge them, desireth to haue the expelled. These excrementes be thre in number, Excrementes. ordure, brine, humour superfluous. Ordure. Aboze ouer, there be two sortes of ordure, that is to saye, one digested, whiche passeth by siege, the other vndigested, whiche is expellyd by vomyte. Where Digested. I saye digested, I meane, that it is passed the stomake, and tourned in to an other fygure. Lyke wyse I calle that vndigested, whiche styll retayneth the fygure of meate. Urine is the watry substance of the bloudde, lyke as whay is of mylke, whiche out of the meate that is altered and concocted or boyled in the stomacke, is strayned in the baynes called Mesaraicē, whiche procedeth frome the holowe part of the lyuer, and sente by the raynes in to the bladder, passeth by the Instrument, the whiche is ordeyned as well to that purpose, as for generation. Humour superfluous is in. iiii. sortes, either myxt with any of the foure humours, Humour superfluous. calld natural, or els it is gathered in to the brain or it is betwene the skyn and the fleshe, or lyeth amonge the sinewes, muscules, or ioyntes. Of humours some are more grosse and colde, some are subtyl and hot, and are called vapours. Now for to expell the sayd excrementes, are. ix. sundry kyndes of euacuation, that is to say, abstinence, vomyte, purgation by siege, lettyng of bloude, scarieng,

rifieng callid cupping, sweating, prouocatio of be-
 cine, spitting, bleding at y nose, or by hemoroides:
 & in womē, their natural purgatiōs. Of these eua-
 cuatiōs I wil brefely declare, with y comodities,
 which by y discret vse of the do happē vnto y body

¶ Of Abstinence. Cap. 3.

Cels. li. 2.
 Hipoc. 3.
 pho. li. 7.

Consyde-
 rations in
 abstinence

Apho. li. 1.

Galen. in.
 comment

ABstinence is a forbearynge to receyue any
 meate or drinke. For if it be but in parte, it
 is than callyd rather temperance than abstinence.
 It ought to be vled onely after replecion, as the
 proper remedye therfore. And than if it be mode-
 rate, it consumeth superfluities, & in consuminge
 them, it clarifieth the humours, maketh the body
 fayre coloured, and not onely kepeth out sicknes,
 but also where syckenes is entred, nothyng more
 helpeth, if it be vled in season. To them, whyche
 haue very moyst bodies, hunger is right expedient
 for it maketh them more drie, not withstandynge
 there ought to be consyderatiōs, in the meate be-
 fore eaten, in the age of the person, in the tyme of
 the yere, & in custom. First in the mete before eatē,
 if it be moch in excesse or very grosse, or not moch
 exceedynge, or lyght of digestion, and accordynge
 therto, wolde abstinence more or lasse be propo-
 rioned. Concernyng age, Hipocrates saith, old mē
 may susteyn fastinge easily: next vnto them, men
 of myddel age, yong men may wars beare it, chil-
 dern warst of all, specially they that be lusty: not
 withstanding here Galen correcteth Hipocrates,
 saying, that he shuld haue excepted men very old,
 who

who, as experience declareth, must eate often and
 lyttell. As touchinge tyme, it must be remembred,
 that in wynter and springe tyme, the stomakes be
 naturally very hote, & slepe is longe, & therfore in
 that tyme meates wolde be moze abundant, & all
 though moche be eaten, it wyl be soner digested.
 Wherfore abstinence wold not be thā so moch as
 in sommer, albeit to absteyn moch in sommer, ex-
 cept it be after replecion, Damascene sayth, it dꝛi- Damascen
nus apho.
 eth the body, it maketh the colour salowe, it ingē-
 dꝛeth melancoly, and hurteth the sight. Howeuer
 custome may not be forgotten. for they, whiche are
 bled from childhode, to eate sundꝝ meales in the
 day, wold rather be reduced to fewer meales, & li-
 tell meate, than to be cōpelled to absteyn vtterly,
 to thintent, that nature, which is made by custom,
 be not rubuked, & the power digestiue therby debi-
 litate. And note well, that by to moch abstinence,
 the moysture of the body is withdrawen and con-
 sequently the body dꝛieth, and waxeth leane: na-
 turall heate, by withdrawinge of moysture, is to
 moche incended, and not fyndynge humoure to
 warke in, tourneth his vyolence to the radycall
 or substanciall moysture of the body, and exhau-
 styng that humour, byngeth the body into a cō-
 sumption. Wherfore Hipocrates saythe, that to Aph. li. 2.
 scarfe and exquisite an order in meate and dꝛinke,
 is for the moze parte moze dangerous than that,
 whiche is moze abundant. Contrarywyse mode-
 ration in abstinence, accoꝛdinge to the sayde con-
 siderations, is to helth a sure bulwarke.

Of

Aet. li. i.

Cels. li. i.

The meate or dypnke superfluous, or corrupted in the stomak is best expelled by vomyte, if it be not very greuous to hym, whyche is diseased. Also the moderate vse of it, pourgeth fleume, lighteth the head, causeth that the excesse of meates or dypnkes, shall not annoy or bringe sykenes. More ouer, it amedeth the affectes of the raynes, the bladder, and the fundement. It also helpeth against leptes, cankers, goutes, dropsies, & also dyuers sykenesses procedynge of the stomacke. For if any grefe hapneth of the heade, vomite is than vncommodious. It is better in winter, than in sommer. Also good for them, which are replete or very coleryke, if they haue not welle digested, but it is yll for them that be leane, or haue weake stomakes. And therfore where one feeleth bytter vapours, risynge out of his stomacke, with grieve and weightynes, in the ouer partes of his bodye, let him runne forth with to this remedy. It is also good for him that is hart burned, and hath moche spittel, or his stomake wambleth, and for him that reneueth into sundry places. yet I counsaile saith Celsus, hym that wyll be in helth, and wold not be to soone aged, that he vse not this dayelye. And I my selfe haue knowen men, whiche dayly vsinge it, haue brought therby their stomakes in to suche custome, that what so euer they dyd eate, they coude not longe retaine it, wherby they Morte[n]e their liues. Wherefore it wold not be vsid, but onely where great surfet, or abundance of fleume

do

do require it. He that wyll vomyte after meate, let hym drynke sundry drynkes myrte togyther, and last of all, warme water: or if that be to easie, let hym myrt therewith salt or hony. If he wyll vomite fastynge, let him drinke water and hony sodden togyther, or Isope with it, or eate of a radyshe roote, and drinke warme water vpon it. also water, wherein radyshe is boyled, and afterwarde prouoke hym selfe to it. Them, that wyll haue moze violent purgations, I remytte to phisitions learned. But yet I do eftsones warne them, that therein they be circumspect, and do not moche vse it.

Moreover in vomytes, the matter brought forth, wold be consydered, accoꝝdyng to the rules of Hippocrates, in his seconde booke of pronostications, that is to say, if it be myrt with fleme and coler, it is most profitable if it be not in very great quantity, nor thick, the lasse mixture it hath, the wars is it. If it be grene, like to leke blades, thyn or blak, it is to be iuged yll. If it haue al colours, it is extreme perillous. If it be ledy coloured, & sauorith horribly, it signifieth a short abolition, or dissolution of nature. So as Galene affirmeth there in his commente, suche maner of vomite declareth corruption with extinctinge of nature. Also euery putrified and stynkyng saoure in vomyte is yll. These thinges be ryght necessary, to be looked for, where one doth vomyte without any difficultie: but to inforce one to vomyte which can not, is very odious, and to be abhoyred.

Hipocra.
praefag. 2.
cap. 7.

Galen de
locis affectis
lib. 1.

¶

¶

Cels. li. 2.
Aen. li. 1.

If the hed be heuy, or the eien dimme, or if there be peyne felt of the colyke, or in the lower parte of the bely, or in the hippes, or some colerike matter or fleume in the stomake. Also if the bzeath be hardely fetched, if the bealy of hym selfe sendeth forth nothing, or if being costue, one feleth y^e sauour or bytternes in his mouth, or that which he maketh, hath an horrible sauour, or if abstinence do not, at the fyrst putte awaye the feuer, or if the strength of the body may nat susteyne lettynge of blud, or els the tyme therfore conuenient is past, or if one haue drunke moche before his syckenes, or if he whiche oftentymes vnconstrayned, hath had great sieges, be sodeynly stopped: in all these cases, and where it is peynfull to vomyte, and in gnawinge or frettinges of the stomake, finally in all replecions, where a man can not or wyl not be let bloudde or vomyte, it is expedient to prouoke siege by purgations, whiche are receyued by two wayes: vpwarde at the foundement by suppositoies or clysters. Downewarde at the mouth, by potions, electuaries, or pylles. Suppositoies are vsed, where the pacient is weake, and maye not receyue any other purgations. sometyme for as moche as the strait gutte is stopped with excrementes, which are dry and hard: sometyme where there nedeth none other pourgation, specially in bourninge feuers, wherof the matter ascendeth in to the head, than clysters may do harme, & by the benefit of suppositoies, excrementes are brought forth

fozthe without any annoyauce, And oftentymes it
bryngeth fozth that which clysters may nat.

Suppositoies are made somtyme with hony on-
ly, sodden, rolled on a bourde, and made rounde,
smaller at the one ende than at the other, & of the
length and greatnes, according to the quantitie of
the body that taketh it. Somtyme there is myrte
with the hony salt dried, oꝛ salt peter, oꝛ the pow-
der of suche thinges, as do eyther purge the hu-
moꝛ, which offedeth, oꝛ dissolueth grosse windes,
oꝛ other matter: they be somtyme made with ro-
seyn, pitche, ware, oꝛ gūmes, somtyme of rotes, oꝛ
the leaues of mercury grene, very small bruised.
also with figgis oꝛ reisons, the stones take out, oꝛ
of white sope, made i the figure aforesayd, & being
made in the foyme aforesayd, they must be put bp
in at the fundement, to the great end, and the pa-
cient must kepe it there the space of halfe an houre
oꝛ moze. Clysters are made of lycour, sommetyme
simple, as water sodden, mylk, oyle, oꝛ wyne. som-
tyme myrt, as water and oyle together, oꝛ decocti-
ons, as where herbes, rotes, fruites, sedes, oꝛ gū-
mes, haupnge propertie to make softe, dissolve,
dꝛawe fozthe, oꝛ expelle matter that greueth, be
boyled, and the lycour therof, sometyme warme,
sometyme hote, is receyued at the fundement into
the body by a lyttell pipe of golde oꝛ syluer, yuo-
rie oꝛ wodde, therfore ordeyned and callyd a cly-
ster pipe. This is necessary, where the stomake is
weake, and may not susteyn the workinge of me-
dicines receyued at the mouth. also in feuers, co-

Qu

likes,

lykes, and other diseases in the bowels, grieve in the raynes of the backe or huckle bone, ventosities in the bealye, inflammation or exulceration in the guttes or bladder. It is a couenient and sure medicine, and lest hurt doth ensue of it. The marking and ordynge therof, I wyll omptte to write in this place, partly that I wold not, that phisitions shuld to moch note in me presumption, partly that an nother place may be moze apte to that purpose.

¶ The particular commodities of euery
pouigation. Cap. 6.

In potions, electuaries, and pylles ought to be moch more obseruation, than in clysters or suppositoies, for as moche as these do enter no further than in to the gutte, where the ordure lieth, & by that place only, bruingeth forth the matter, whiche causeth disease. But the other entringe in that way, that meates and drinkes do, cometh in to the stomacke, and there is boyled, and sente in to the places of digestion, and afterwarde is mixte with the iuyce, wherof the substance of the body is made, and expellynge the aduersary humours, Somewhat therof doubtlesse remayneth in the body. wherfore men haue nede to beware, what medicines they receyue, that in them be no venenositie, malyce, or corruption, lest for the expellinge of a superfluous humoꝝ, whiche perchance good diete, or som brothes made of good herbes, or the sayde euacuation, with suppositoie or clyster, mought

mought bring forth at leysure. by despyrnyng of to
hasty remedy. they receyue in medicine that, whi-
che shall ingender a venomous humour, and vne-
uitable destructiō vnto all the body. And therfore
happy is he. whiche in sycknes fyndeth a discrete
and well lerned phisition, and so true a poticary,
that hath alway drowges vncorrupted, & whom
the phisition may surely trust, to dispence his thin-
ges truely. But now to retorne to the sayd forme
of purgation, I wyll nowe set forth some coun-
sayles, concernynge that matter, whiche I haue
collected out of the chiefe authors of phisike.

Bodies hote & moyst: may easily susteyn purga-
tion by the stooke. They, whiche be leane or thyn,
hauinge the members tender, may take harme by
purgations. To men that are coletike, and them,
that eate litell, purgations are greuous. In yong
chyldeyn and olde men, it is daungerous to louse
moche the bealy. To them that are not wont to it,
purgation is noyfull. He that liueth in a good or-
der of diet, nedeth neither purgation nor vomite.
After that the purgatiō hath wrought, thirstines
and sounde slepe, be signes that the body is suffi-
ciently purged. By dayly takynge of medicines,
nature is corrupted. Whan ye wylle purge any
thing, make first the matter flowing and soluble.
Medicine to purge ought not to be mingled with
meate, but to be take foure houres at the least be-
fore meales, or thre houres after meales, excepte
certayne easy pylls made to clense and comforte
the stomake, whiche wold be taken at the begyn-

Hipocra-
aphor.

Galen. de
fani. tuen.
li. 1.

ning of supper, or after supper, a litell before that one goth to bed, makinge a light supper or none. After purgation taken, the pacient shuld rest, and not walke, vntyll the medicine hath wrought, nor eat or drynke in the meane space. This is a general rule cōcernyng excrementes, that y^e cause of retaynyng of them beinge perceyued, the contraries vnto that cause wolde be gyuen, as if a lytell quantytie and drythe be the cause, than to take more in quantitie, and that whiche is moyste yf drythe be the cause onely, than not to increase the quantitie, but that whiche is moyste. If the cause be of takinge soure thynges or bytter, than to vse competently thynges sweete, or fatte. Lykewyse in order of meales, as if he whiche was wonte to eate twyse in one day eateth but ones, and thereby is discreded, he must feede not onely twyse in one day, but also oftener, hauinge respect to a conuenient quantitie. These thinges haue I remembred, bycause I haue knowen right good phisitions, to haue for gotten, to instruct therof their patientes. Nowe wyl I settte forth the table of suche thinges, which of their propriety do digest or purge superfluous humors particularly, whiche I haue gathered out of the booke of Dioscorides Galen, Paul⁹ Egineta, Oribasius, & Aetius, and other late wryters. not with standynge, I haue not wryten all, for as moche as there be dryuers thinges, wher vnto we haue not yet founden any names in englishe.

Diges

¶ Digestiues of
Choler

C Endyue.
 Lettyle.
 Cpkorie.
 Scabiose.
 Maydenheare,
 Malowes.
 Mercurye.
 The iuyce of pome-
 granades.
 Pourcelane.
 Poppe.
 Berberyes.
 Roses.
 Violettes, the leafe and
 flowre.
 Sozell.
 Lpuerworze
 Sozell de boyse.
 whay clarified.
 The greate foure colde
 sedes, that is to saye, of
 gourdes, cucumbers,
 melones, and citruls.
 Psillium.
 Uincer.
 Saunders.
 Barley water.
 Prunes.
 Tamarindes.

¶ Pongers of
Choler.

C Wylde hoppes.
 wo:metwode.
 Centorie.
 fumitorie.
 whay of butter.
 Violettes.
 Mercurye.
 Iuyce of roses.
 Prunes.
 Agtimony.
 Tamarindes halfe an
 ounce in a decoction:
 Hanna. vi. drammes
 at the leaste, and soo to
 xxv. in the brothe of a
 henne or capon.
 Reubarbaru by it selfe
 from two drammes, vn
 to foure, infused or sti-
 ped in lycour, from. iiii.
 drammes vnto. viii.

¶ Digestiues of
fleume.

C Fenell. } the rotes.
 Persely, }
 Smallege.
 Capers.
 Lawzell.

Synuy

THE THIRDE

Synure.
 Duly.
 Maiozam.
 Denyroyall.
 Worlde parsnep sede.
 Mynt.
 Dympernell.
 Hozenmynt.
 Gladen.
 Agrymonye.
 Calamynt.
 Nep.
 Betayne.
 Sauge.
 Radythe.
 Mugworthe.
 Junpper.
 Hyslope.
 Pyonye.
 Baulme.
 Honye.
 Synger.
 Squilla.
 Aristolochia.
 Cynamome.
 Pepper.
 Cumyne.

Purgers of fleume.

Centorie.
 Retteyll.

Agrymonye.
 Alder.
 Polypodiū of the oke.
 Myzobalani kebult, in-
 fused from half an ounce
 to an ounce, and .ii. drā-
 mes. In substāce, from
 two drammes to halfe
 an ounce.
 Agaricus frō a drāme
 to two drāmes infused,
 from .ii. drāmes to fiue.
 Yreos.
 Maydenheare.
 Sticados.

Purgers of melan-
 coly.

The brothe of cole-
 worttes lyght boyled.
 Baulme mynte.
 Sticados.
 Tyme.
 Seene, boyled in white
 wine or in the brothe of
 a henne.
 Lased saucty.
 Erithunus.
 Unwrought sylke.
 Organum.
 Calamynt.

Bourage

Bourage.

Hartis tongue.

Quickbeme.

Mayndenheare.

wyth wynde.

Bulpall mountayne.

Honye.

Sugar.

Melancolpe for the thynnesse and subtynesse of the humour, nedeth no digestiue.

They whiche wyll take sharper purgations, or compound with dyuers thinges, let them take the counsaile of an honest and perfite phisition, & not aduenture to mytte thynges together, without knowing the temperance of them in degrees, and that he can propozcion them to the body, that shall receyue them in symples, as they be written. And so he may vse them without peryll, ageynste the humours, wherunto they serue.

Lettynge of bloudde. Cap. 7.

The parte of Euacuation by lettynge of blude is incision or cuttynge of the vayne, wherby the bloud, whiche is cause of syckenes or grieve to the hole body, or any particular part therof, doth most aptly passe. The commodities wherof, be- Arnoldus
de uilla
noua.
inge in a moderate quantitie, and in a due tyme taken, be these that folowe, it clarifieth the wytte, and maketh good memozy, it clenseth the bladder, it dzyeth the Brayne, it warmeth the marowe, beinge in the bones, it openeth the herynge, it stoppeth teares or droppynge of the eyen, it taketh away lothsomnes, and confirmeth the stomake, it noyseth that which is propre to nature, and the

Oribasius
 sup medici
 ne com
 pendio.

contrary expelleth. It is thought, that therby life is prolonged, and the matter makynge syckenesse shortly consumed. Wherfore lettynge of bloude is not only expedient for them, whiche are full of blood, or haue abundance of strength, but also for them, in whom, without plenitude, callyd fulnes, inflammations begyn to be in their bodies, or by some outwarde stroke, the bloude being gathered within by collection therof, do fele grieve or disease. Also where there is moche payne felte, or debilitie of some member, wherof is supposed to be ingendred some greuous disease. Moreover they whiche vse excelsse of meates and drynkes, maye be cured by lettynge of bloudde. But those, whiche be temperate, keepynge good diete, be holpen without lettynge of bloude: as by fricasies, vsing of bathes, exercise, walkynge, and rydyng moderately. Also vnctions with oyles and oyntmentes, callyd Diaphoretice, which by euaporation, do shortly euacuate the fulnesse. All be it, if the fulnesse be of melancolye blood, than alwaye nedes muste be lettynge of bloudde. Aboundaunce of melancolye bloudde is knowen by these sygnes. There is felt in the entrayles, or within the bulke of a man or woman, a weyghthyneesse with tension or thurstynge outwarde: and all that part, whiche is aboue the nauell, is moze heuy, than it was wont to be. Also moch brin and fatty, the residue or bottom thicke, troublous, and fatte. Sometyme blacke poushes or boyles, with inflammation and moch payne. These must be shortly let blood, and the

the melancoly humoꝝ also purged by siegē. They
 whiche haue crude oꝝ raw humoꝝs, must be ware-
 ly let bloudde, befoze that sycknesse ingender, but
 haupnge the feuer, in no wyse. Concernynge let- Acti^o. 8. 2.
 tynge of bloud, these thinges folowinge wold be
 hadde in continuall remembraunce, and be afoze
 thought on. In abundance of the bloud, the qua-
 litie and quantitie, the greatnesse of the sycknes,
 and if it be pꝛesent, oꝝ looked foꝝ. also the diete pꝛe-
 cedyng, the age and strength of the persone, the
 naturall fourme of his body, the time of the yere,
 the region oꝝ countrey, the pꝛesēt state of the aire,
 the disvle of accustomed exercise, the lessinge of e-
 uacuations vsed befoze. In qualittie consyder, of
 what humour the fulnesse procedeth. In quanti-
 tie the abundance of that, whiche is to be purged.
 In siknes, if it be dangerous oꝝ tollerable: yf the
 siknes be pꝛesent, it requireth the moze diligēce: if
 it be looked foꝝ, it may be the better pꝛopozcioned.
 In diet, the custome in eating & drynking must be
 specially noted. In yong men & womē, lettinge of
 bloud wold be moze liberall. In old men & yonge
 chyldzen, it wold be scarser: stronge men may su-
 steyne bledinge, they which are feble, may not en-
 dure it: Large bodies haue greater vessels, than
 they, whiche be litell. leane men haue moze bloud,
 coporate men haue moze fleshe. The tyme of the
 yere must be specially marked. Foꝝ in the begyn- Cor. Cels
sus. li. 5.
 ninge of sprynge tyme is the best letting of bloud,
 as Orbasius saythe, and so dothe continue, after
 the opynion of Arnolde, vnto the eighte calendes

THE THIRDE

Oriba. su.
Arnoldus
de uilla
noua de
florobotho-
mia.
Io. Dama-
scenus in
arte med.

of June. Aetius affirmeth, that in wynter, or in a colde countrey. or where the person is of a very colde nature, the baynes shulde not be opened. And Damascene saythe, They whiche in youthe haue vsed to be moche let bloud, after they be thre score yeres olde, their nature waxeth colde, and naturall heate is in them suffocate, specyallye if they were of a colde complexion. but that is to be vnderstande, where they that are in helth, are often let bloud. For in the lapse from helth, and in dyuers diseases, wherein the bloude is corrupted, or where it ingedgeth impostumes, or resorteth to any place, where it ought not to be, or passeth by any other cundyte, than nature hath ordeyned, or where it is furious or inflamed, or by any other meanes bredeth greuous diseases, in all these cases, it ought to be practised, yf sometyme in aged persons, women with childe, and yonge infantes. For in extreme necessitie it were better experience some remedy, than to do nothyng. All other thinges concernynge this matter, pertain to the part curatiue, whiche treateth of healyng of syknes, wherof I wyll not now speake, but remytte the reders to the counsaile of discrete physicians.

Of scarifyng called boxyng or cuppyng. Cap. 8.

Galenus.

Aet. li. 3.

FOr as moche as it is not conuenient, to be let bloud oftentimes in the yere, bycause moch of the vytall spirite, passeth forth with the bloude, whiche being exhaust, the body waxeth colde, and naturall operations becom the more feble, I ther-
fore

foze do counsaile (sayth Galen) that the base partes of the body, as the legges, be scarified, which is the moſte ſure remedy, as well in conſeruyng helthe, as in repayyng therof, beinge decayed. For it cureth the eyen beinge annoyed with longe dyſtillations. It profiteth alſo to the head, and ouer parte of the body againſt ſundry diſeaſes. In what member the bloud is gathered, the body beinge fyrſt purged by ſcarification, the greſe maye be cured. Alſo Oribasius affirmeth the ſame, and alſo addeth therto, that it helpeth ſquynances, or quynaces in the throte, and diſſolueth the conſtipationes or ſtoppings made of all places, if the places be ſcarified: not withſtanding application of bores about the ſtomake, in hot feuers, where reſon is troubled, as to be eſchewed, for feare of ſuffocation. Lykewiſe put to the head vndiſcretely, it hurteth both the head and the eyes. The late authors do affirme, that ſcarifieng is in the ſtede of lettinge bloudde, where for age, debilitie, or tyme of the yere, or other lyke conſideration, a manne may not ſuſteyn bloud lettynge, and it byngethe forth the thyn blod, which is next to the ſkyne.

Oribasius
in medic
ne coma
pendio.

Actius.

Of bloud ſuckers or leaches. Cap. 9.

There is alſo an other fourme of euacuation by wormes, founde in waters called bloudde ſuckers, or leaches, whiche beinge put vnto the body or member, doo drawe out bloudde. And their drawynge is moze conuenient for fulneſſe of blod thanne ſcarifieng is, for as moche as they fetch

THE THIRDE

bloude moze deper, and is moze of the substance of bloude. yet the opinion of somme men is, that they do drawe no bloude but that, whiche is corrupted, and not proportionable vnto our body.

Oribasius
in medici
ne com
pendio.

And therfore in griefes, whiche happen betwene the skynne and the flesshe of bloude corrupted, these are moze conuenient than scarifienge. But before that they be put vnto any part of the body they must be fyrst kept all one day before, giuinge vnto them a lyttell bloude in freshe flesshe. And than put them in a cleane water, somewhat warme, and with a sponge wype away the synne, whiche is about them, and than lay a lyttell bloud on the place greued, and put them than to it, and lay on theym a sponge, that whan they be fulle, they may falle away, or if ye wyll sooner haue theym of, putte a horse heare bytwene theyr mouthes, and the place, and drawe theym away, or putte to their mouthes salte or asshes, or byneget, and forthwith they shall falle, and than washe the place with a sponge: and if there doo ysue moche bloude, laye on the place the poulder of a sponge, and pytche bourned, or linnen clothe bourned, or galles bourned, or the herbe callyd *Bursa pastoris* bryused. And this suffyseth concerning bloud suckers.

¶ Of hemoroides or pylls. Cap. 10.

HEmoroides be baynes in the foundement, of whome do happen sundry passions. sometyme swellng, without bledynge, sometyme superfluous

perfluous bloud by the puillance of nature, is by them expelled, and than be they very conuenient. for by them a man shall escape many great syknesses, whiche be ingendred of corrupted bloude, or of melancoly. Scmblably, if they be hastylpe stopped frome the course, whiche they haue bene vsed to, therby do increase the said syknesses, whiche by them were expelled, as dropsies, cōsumptions, madnes, fransies, and diuers diseases of the head, and other syknesses, palenes of the vylage, greefe in the raines of the backe, and thies. And if they flow to moch, there insueth feblenes, leanenes of the body, alteration of colour, great peynes in the lower partes of the bodye. And yf the fluxe be vnmoderate, it ingendzeth myscheuous diseases. wherfore it wolde be dyligently taken hede, that they runne in mesure, or els to vse some thinges moderately, whiche may restrayn them.

CConcerninge other euacuatiōs, I do purpose-ly omytte to wyte of theym in this place, for as moche as in this realme, it hath bene accompted not honest, to declare them in the vulgat tongue, but onely secretely.

Of affectes of the mynde. Cap. ii.

The last of thynges callid not naturall, is not the least parte to be consydered, the whyche is of affectes and passions of the mynde. For yf they be immoderate, they do not onely annoy the body, & shorten the lyfe, but also they do appaite, and somtyme lose vitterly a mans estimation. And
that

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that moche more is, they bringe a man from the vse of reason, and sometyme in the displeasure of almighty god. wherfoze they do not only requyre the helpe of phisike corporall, but also the counsell of a man wyse and well lerned in moꝛall philosophy. wherfoze after that I haue recyted, what they be, I wyll bryefely declare suche counsayles, as I haue gathered. And as concernynge remedies of phisike sauynge a few symples, which do comfort the harte & spirites, the residue I wyl remytte to the counsaile of phisitions, lyke as I haue done in euacuation. Affectes of the mynde, wherby the body is annoyed, and do bring in sickness, be these, yre oꝛ wrath, heynnes oꝛ sorrow, gladnes, oꝛ reioycynge.

¶ Of Ire. Cap. ii.

IRe is kindlyd in the harte, inoꝛdynately chaungynge the spirites there, and than is sent foꝛthe in to the members, and doth superfluously heate them, and disturbeth reason, where the bodies be hotte afoze. where naturall heate is feeble, the heate may nat be dispersed vnto the extreme partes, and than dothe the extreme members, that is to say, whiche are farre frome the harte, remayne colde, and tremblynge. Of this affection cometh sometyme feuers, sometyme apoplexies, oꝛ priuation of sensis, tremblynge, palseys, madnes, fransies, defoꝛmitie of visage, and that warse is, outrageous sweatyng, blasphemy, desyre of vengeance, losse of charitie, amitie, credence, also forgetfulnes

fulnes of benefyte pcedynge, and of obedyence,
duetie, and reuerence. There also do succede con-
tencion, chargeable suite, vnquietnes of mynde,
lacke of appetite, lacke of slepe, feeble digestion,
scoone, disdayne, and hatredte of other, with peryll
of losynge of all good reputation. These incom-
modities of Ire, perfutely had in remembraunce,
& at the fyrst motion therof one of them thought
on, may happen to bynge in his felowes, & ther-
by the flame may be quenched. O let hym that is
angry, euen at the fyrst consyder one of these thin-
ges, that lyke as he is a man, so is also the other,
with whom he is angry, and therfore it is as le-
full for the other to be angry, as vnto hym: and if
he so be, than shall that anger be to hym displea-
sant, and steere hym more to be angrye. wherby it
appereth, that Ire is to hym lothsome. If the o-
ther be patient, than let hym abhorre that thyng
in hym selfe, the lacke whereof, in the other con-
tenteth hym, and asswageth his malice. More o-
uer, let hym before, that occasion of Ire doth hap-
pen, accustome hym selfe to beholde, and marke
well them that be angry, with the successe of that
anger, & ruminare it in his mynde, a good space
after. And in that tyme, let hym remember, how
Christe, the sonne of God, and God, who (as he
hym selfe sayd) mought haue had of God his fa-
ther, if he wolde haue asked them, legions of an-
gels to haue defended hym, yee with lesse than a
wynge, mought haue slayne all his aduersaries:
yet he not withstandinge rebuked, scoyned, falsely
accused

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accused, plucked hyther & thither, stryped, bounden with halters, whyped, spytte on, buffeted, crowned with sharpe thorne, laded with a heuie piece of tymber, his owne proper toiment, halyd, & driuen forth lyke a calfe to the slaughter house, eftsones beaten and ouerthrowen, retched forth with ropes, armes and legges layd on the crosse, and ther vnto with long yron nayles through the handes and fete nayled, with many strokes of hammers, with many prickynge, or euer the nayles mought perce by his tender & most blessed fleshe, and synewes, quyte throughe the harde tymber, vp to the heades of the nayles, and all this being done for the offence of mankynd, and not his, yet with the men, whiche dyd it, his mooste vnkynde countrey men, his most vnnaturall kynnesmen, whom he fyrste made of nothyng, preserued by myracles, deliuered from perylls, and cured of dysleases, in all his vexation and trouble, he was neuer sene or perceyued angry. If one wyl saye, that Anger is naturall, lette hym also consyder, that in Christis manhoode were all naturall powers. If he wyl saye, that Ire is token of courage, and in Christe it lacked not, whome both angels and deuyls trembled and feared. The premises often reuolued, and boyme in the mynde, I wyl not say, shall vnterly extincite all motions of wraath, whiche is not possible, but it shall, whan it kyndleth lyghtly repressse it, and lette that it shall not growe into flame. And in speakynge here of wraathe, I do not meane that, whiche good menne haue

haue against vices: oꝛ wyse and discrete gouernours, and maisters, agaynst the defautes oꝛ negligences of their subiectes oꝛ seruauntes, vsed in rebukynge them, oꝛ moderately punyschynge them. Foꝛ that is not properly yꝛe, but rather to be callyd displeure, and is that wherof god spe-
 keth, by his prophete Dauid, sayenge, Be you Psal. 4.
 angry, and do not synne. And that maner of an- Genes. 37.
 ger, hath ben in dyuers holy men, prophetes, and Exod. 32.
 other. And it appered in Chyste, whan he draue Leuit. 10.
 nute theym, whyche made their markette, in the Marc. 11.
 holy temple of god, where there oughte to be no-
 thyng but prayer. And in lyke wyse whan he re-
 buked the hypocrites. But yf none of these thyn-
 ges may come so shortly to his remembraunce,
 that is meued with anger, at the leaste, lette hym
 thynke on the lesson, that Apollodorus the phy-
 losopher, taught to the emperour Octavian, that
 befoze he speake oꝛ do any thyng in anger, he do
 recite in order, all the letters of the A, B, C, and re-
 moue somwhat out of the place, that he is in, and
 seke occasion to be otherwyse occupied. This shal
 foꝛ this tyme suffice, foꝛ the remedies of Ire. And
 he that wyll knowe moze of this matter, lette him
 rede in my warke, callyd the Gouernour, where
 I therof do write moze abundantly.

¶ Of dolour or heuynesse of mynde.

Capitulo. 12.

There is nothyng moze ennemye to lyfe, tha
 soꝛowe, callyd also heuynes, foꝛ it exhausteth
 S ii both

e. 17.

Ecclesiast
Al. 25. 28.

bothe naturall heate and moyſture of the bodye, and dothe extenuate or make the body leane, dul-
leth the wytte, and darkeneth the ſpiritues, letteth
the uſe and iudgement of reaſon, and oppreſſeth
memoꝛy. And Salomon ſayth, that ſorowe dri-
eth vp the bones. And alſo, lyke as the mothe in
the garment, and the wourme in the tree, ſo dothe
heynenneſſe annoy the harte of a manne. Alſo in the
boke callyd Eccleſiaſticus, Sorowe hath kyled
many, and in it ſelfe is founde no commoditie.

Alſo by heynenneſſe deeth is haſtened, it hydeth ver-
tue or ſtrengthe, and heynenneſſe of harte boweth
downe the necke. This is ſo puiſſant an ennemye
to nature and bodily helth, that to reſiſte the ma-
lyce and violence therof, are required remedies,
as well of the hoſſome counſayles founde in holy
ſcripture, and in the bookes of morall doctrine, as
alſo of certayne herbes, fruites, and ſpyces, ha-
uyng the propriete to expelle melancolyke hu-
mours, and to comfort and kepe lytely the ſpiri-
tes, whiche haue their proper habytation in the
harte of man, and moderate nouryſhyng of the
naturall heate and humour callyd radicall, which
is the baſe or foundation, wherupon the lyfe of mā
ſtandeth, and that ſayling, lyfe falleth in ruine, &
the body is diſſolued. Nowe fyrſte I wyll declare
ſome remedies agaynſt ſorowfulneſſe of harte, co-
cernyng neceſſary counſayle.

Sometyme this affecte hapneth of Ingraty-
tude, eyther where for benefyte, or ſpecial loue em-
ployde, one receyueſh damage, or is abandoned
in his

in his necessitie, or is deceyued of hym, whome he trusted, or fyndeth hym, of whom he hath greate expectation, forgetfull or negly gent in his comoditie, or perceyueth the persone, whome of longe tyme he hath loued, to be estraunged from him, or to haue one of later acquayntaunce in moze estimation. This affection nypbeth the harte, ye of moste wyse men, for they loue moste hartily, not prouoked by carnal affection, but rather by good opinion, ingedged by similitude of honest studyes and vertuous maners of longe tyme mutuallye experienced. And it is not only vnto mā greuous, but also vnto god most displeasent and odious, as it is abundantly declared in scripture. Wherefore the persone, whiche feleth hym selfe touched with this affecte, before that it growe into a passion, and wareth a sycknesse, lette hym call to remembrance these articles folowinge, or at the lest ways some of them, for eueryche of theym maye ease hym, though perchaunce they can nat forthe with perfytely cure hym.

Consyder, that the corruption of mans nature is not so moch declared in any thing, as in ingratitude, wherby a man is made warse, thā dyuers brute beastes. The lyttell ant or emote helpeth vp his folow, whom he seeth ouerthrowen with burydenn, or by other occasion. Also whan olyphantes do passe ouer any great water, the grettest & most puissant of them deuide them selves, and settynge the weakest in the myddell, part go before, trieng the depenes and peryls, parte come after, succourynge

Considers
against
ingratitude.

Appianus
in varia
historia.

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ringe the weakest or least, with there longe noses.
 whan they se them in danger. The same beastes
 haue ben sene not onely byynge men out of deser-
 tes, which haue lost their ways, but also reuenge
 the displeasures done to theym, the whiche gaue
 them meate, as one that slewe him, which hade cō-
 mytted aduoutrie with his maysters wyfe. The
 terrible Lyons and Panthers, haue ben seene in
 their maner, to render thanks to their benefac-
 tours, y^e and to obiecte their owne bodyes and
 lyues for their defence. The same we maye dayly
 beholde in our owne dogges. Thā in whom thou
 fyndest the detestable vyce of Ingratitude, repu-
 tynge hym amonge the worst sorte of creatures,
 thinke not that thou hast lost a frende, but thinke
 that thou arte delyuered from a monster of na-
 ture, that deuoured thy loue, & that thou art now
 at libertie, and hast won experience to chese the a
 better. But if this may not suffice, than estones
 consyder, that if thou loke well on thy selfe, per-
 chance thou mayst fynde the faute, wherof thou
 complaynest, within thyn owne bosome. Calle to
 thy remembzance, if thou hast alway rendred vi-
 to euery man condigne thanks or benefitte, of
 whom thou hast kyndnes receyued, or if thou hast
 alway remembred, euery one of theym, that haue
 doone to the any commoditie or pleasure. Thou
 shalte well perceyue, that what thyng thou re-
 ceyuedst in childehode, thou forgattest or diddest
 litel esteeme, whan thou camist to the state of a mā.
 And what thou dyddeste remember in youthe, in
 age

Seneca de
 benef. 7.

age thou dyddest lyttell thynke on: thy nouryces pappe, her rockynges, her watchynges, thou hast not alway remembred, or equally recompensed.

Thy schole maysters study, his labour, his diligence, in a like degre, thou hast not requited. What greter frēdes hast thou had, of whom thou couldest receyue any greater benefites, than thy nouryng and preseruinge of thy lyfe, in thy most feblenes, or thyne erudiciō, wherby thy nature was made moze excellent. Remembrynge this, leaue to be angry or sorrowfull for so cōmon a vyce, yet if it cesse not to greue the, cōfesse the ingratitude that doth bere the, with that ingratitude, whiche was shewed by the Israelites, whome god chace for his owne people, delyuered from seruage, shewed for them wōders, preserued them forty yeres in desert, destroyd for them kyniges, gaue to them the countrey, whiche flowed mylke and hony, defended them ageynst all outwarde hostilitie, sente vnto them such abundance of ryches, that syluer was in Hierusalē, as stones in the strete, had his tabernacle, and afterwarde his moste holye temple amonge them, whiche he dyd dayly vpsit with his diuine maiestie, made their kyniges to reigne gloriouself, and spake with their prophetes familiarly, and corrected theyr errours mooste gentilly: and yet for all this, they imbracyng the paynymis idolatrie, they left so gracious and louyng a lorde, and luyng god, and to his greatte dispite, gaue diuine honours, to calues of brasse, and other monstruous images, and at the laste,
put

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put to moſte cruell dethe, the onely ſonne of god,
that had done ſo moch for them.

And if we chriſten men, do loke well on our ſel-
ues, reuoluyng the incomparable benefite, whi-
che we haue receyued by Chriſtis paſſion, and cō-
ſyder the circumſtance of his moſte excellent pa-
cience, and moſte feruent loue towarde vs, with
out forgetfulneſſe, and the dayly breache of oure
promyſe, whiche we made at our baptiſme, con-
ferringe our mutuall unkyndnes therunto, there
ſhall appere none ingratitute that ſhulde offende
vs. Finally for a concluſion, beholde well about
the, and thou ſhalt all day fynde the chylderne in-
grate to their parentes, and wyues to their huſ-
bandes. And wylte thou loke that thy benefite or
bayne expectation, ſhuld make the more free from
ingratitute of thy frende, whome chaunce hath
ſent the, than nature maye the parentes towarde
their children, or the conſiſtency of bodies by leſſell
marriage, take unkyndenſſe from the wyues to-
ward their huſbandes. This vice therfore of In-
gratitute, being ſo common a chance, maketh no
worldly frendſhyp ſo precious, that lyfe or helthe
therfore ſhulde be ſpent or conſumed. I haue bene
the lengat in this place, bycauſe I haue hadde in
this grieve ſufficient experience.

Deathe of
chylderen.

If deathe of chylderne be cauſe of thy heuy-
neſſe, call to thy remembrance ſome chylderne (of
whome there is no lyttell number) whoſe lyues
either for vncorrigible vices, or infortunate chan-
ces, haue ben more greuous vnto theyr parentes,
than

than the death of thy childzen, ought to be vnto the: consideringe that death is the discharger of all griefes and myseries, and to them that dye well, the fyrst entrie in to lyfe euerlastynge.

The losse of goodes or authoritie doo greue ^{Losse of} none but fooles, which do not marke diligently, ^{goodes,} that lyke as neyther the one nor the other doth alway happen to them that are worthy, for we haue in dayly experience, that they falle from hym so deynly, who in increasynge or keepynge theym seemeth moste busye.

Oftentymes the repulse frome promotion is ^{Lacke of} cause of discomforte. but than consyder, whether ^{promotis.} in the opinion of good men, thou art denied worthy to haue such aduancement, or in thyne owne expectation and fantasy. If good men so iudge the, thanke thou god of that felicitie, and laughe at the blyndnesse of them, that soo haue refused the. If it procede of thyne owne folye, abhorre all arrogance, and inforce thy selfe to be aduanced in mens estimation, before thou canst fynde thy selfe worthy in thy proper opinion.

All other chaunces of fortune, esteeme as noo- ^{Chaunces} thyng, & that longe before they do happen. The ^{of fortune.} ofte recordeynge of myserie, prepareth the mynde to fele lesse aduersitie. And the cōtempt of fortune is sure quietnesse and most perfite felicitie.

This now shall suffice concerninge remedies of morall philosophie. Nowe wyll I write somewhat touchynge the counsaile of phisicke, as in relievynge the bodye, whiche eyther by the sayde

T

ocasi-

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occasions. or by the humoure of melanco:pe is brought out of temper.

The fyrste counsaile is, that durynge the tyme of that passion, eschewe to be angry, studyous, or solytarie, and reioyse the with melody, or els be al way in suche company, as beste may content the.

Auoyde all thynges that be noyous in syghte, smellyng, and herpyng, and embrace al thynge that is dilectable.

Flee darknes, moche watche, and busynesse of mynde, moche companieng with women, the vse of thynges very hote and drie: often purgations, immoderate exercise, thirst, moche abstinence, dry wyndes and colde.

Absteyne from dayly eatinge of moch olde bieffe or olde mutton, harde chese, hare fleshe, boozes fleshe, venyson, saltfyshe, colewortes, beanes, and peason, very course breadde, greatte fyshe of the see, as thurlepole, porpyse, and sturgeon, & othet of lyke natyres, wyne redde and thycke, meates beinge very salte or sowre, olde, burned, or fried, garlyke, onyons, and lekes.

Use meates, whiche are temperately hotte, and therewith somewhat moyste, boyled rather than roasted, lyght of digestion, and ingendryng bloude clere and fine. As mylke hot from the vdder, or at the lest newe milked, tven chese, sweete almondes, the pelkes of tere egges, litel byrdes of y busshe, chyckens, & hennes. Wyne white or clarette, clere or fragraunte. Sweete sauours, in winter hot, in sommer colde, in the meane tyme temperate.

Con-

¶ **C**onfortatiues of the
Harte hotte.

Bourage, the floure
Oz leafe.
Buglosse.
Baulme mynte.
Elycampane.
Cloues.
Cardamomum.
Rosemarie.
Lignum aloes.
Muske.
Ambergrise.
Saffron.
The bone of the harte
of a redde dere.
Myntes.
The rynde of Cytron.
Bren.
Cububes.
Balsyle.

¶ **C**onfortatiues of the
Harte colde.

Violettes.
Berlis.
Coxalle.
The vnicoznes hoze.
Olde appulles whiche
be good.
Roses.
Saunders.
The olyphantes tothe.
water lyllyes.
Coriander prepared:

¶ **C**onfortatiues tem=
perate.

Ciacincte.
Saphire.
Emerauldes.
Myzabolanes, callyd
kebuli.
Buglosse.
Golde, spluer.

¶ **O**f Ioye.

Ioye oz gladnesse of harte dothe pꝛolonge the
lyfe, it fattereth the body that is leane with trou=
bles, bꝛynginge the humours to an equall tem=
perance, and drawinge naturall heate outwarde.
But if it be sodayne and feruente, it oftentymes
fleeth, foꝝ as moche as it draweth to sodeynly and
excessiue:

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excessiue naturall heate outwarde. And therfore dyuers men and women haue ben sene to falle in a sounde, whan they haue sodenly beholden the persones, whom they feruently loued.

Ti. Livius.

As a woman in Rome, herynge fyrste, that her sonne was slayne in battayle. After whan he cam to her, she seinge hym a lyue, imbracyng eche o-ther, she dyed in his armes. This well consydyed ageynst suche inordinate gladnes, the beste preseruatiue is to remember, that the extreme partes of mundayne ioye is sorowe and heuynesse: And that nothynge of this world, may so moche reioyce vs: but occasion maye cause it to be displeasante vnto vs.

¶ The domynion of sundry complexions. Cap. 13.

It semeth to me not inconuenient, that I doo declare as well the counsayles of ancient and approued authors, as also myne owne oppynion gathered by diligent marking in dayly experiece, concernynge as well the necessary diete of euery complexion, age, and declination of helth, as also the meane to resyste dyscrasies of the body, before syckenes be therein confirmed, leauynge the residue vnto the substanciall lernynge and circumspect practyse of good phisitions, whiche shall the more easily cure the pacientes, if theit pacientes do not disdain to beare away and folowe my counsell.

And fyrst it ought to be consydyed, that none of the foure complexions, haue soolye suche domynion in one man or womans body, that no parte of
any

any other complexion is therewith myxt. For whā we call a man sanguine, colerike, fleumatike, or melancolpe, we do not meane, that he hath bloud only without any of the other humours, or coler without bloude, or fleume without bloude or melancolp, or melancolp without blod or coler. And therfore the man, whiche is sanguyne, the more that he draweth into age. wherby naturall moisture decapeth, the more is he colerike, by reason that heate, surmountynge moisture, nedes must remayne heate and drythe. semblably the colerike man, the more that he waxeth into aege, the more naturall heate in hym is abated, and drythe surmountynge naturall moisture, he becometh melancolpke: but some sanguyne man hath in the propozcion of temperatures, a greater myxture with coler, than an other hath. Likewise the colerike or fleumatike man with the humour of sanguine or melancolp. And therfore late practisers of phisike are wont to call men, accordynge to the myxture of their complexions, whiche man receiveth in his generation, the humours, wherof the same complexions do consyst, beinge augmented superfluously in the body or members by any of the sayd thynges callid not natural. euery of them do semblably augment the complexion, whiche is proper vnto hym, and byngeth vnequall temperature vnto the bodye. And for these causes, the sanguine or fleumatike man or woman, felynge any discrasie by choler hapned to them by the sayd thynges called not Naturalle, they shall vse the

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dyete described hereafter to hym, whyche is naturally coleryke. Semblably the coleryke or melancolyke man or woman, hauynge any discriaspe by fleume, to vse the diete of hym, which is naturally fleumatike, alway remembrynge, that sanguyne and fleumatike men haue moze respecte vnto drythe, coleryke and melancolyke vnto moisture, and that alway as the accidentall complexion decayeth, to resoꝛt by lyttell and lytel to the diete, pertynyng to his naturall complexion.

¶ The tymes appropried to euery naturall
humour. Cap. 14.

But fyꝛste it muste be consydered, that where the foure humours, be alway in manne, and in somme man commonly one humour is moze abundant than an nother naturally, that is to saye, from his generation. The sayde humours haue also peculyar tymes assygned to euery oone of theym, wherin eche of them is in his most power and foꝛce, as after ensueth, after the description of Soranus.

Soranus
Boethius.

Fleume hath moste puissance in wynter, from the. viii. Idus of Nouember, vnto the. viii. Idus of February, whereby are ingendꝛed Catarres or reumes, the vuula, the cough, and the styche. This humour is part in the head, part in the stomake. It hath dominyon from the thyrde houre of nyghte, vntyll the nynthe houre of the same nyghte.

Bloodde increaseth in Spꝛynge tyme, frome
the

the. viii. Idus of February, vnto the. viii. Idus of May, wherof are ingendred, feuers, and swete humours, whyche do shortly putrifye, the power of this humout is about the hart, and hath dominion from the. ix. houre of night, vntyll the thirde houre of the mornynge.

Redde choler hath power in sommer from the viii. Idus of May, vntyll the. viii. Idus of August, whereby are ingendred hotte and warme feuers, this humoure is specially in the lyuer, and hath dominion from the thirde houre of day, vntyll the. ix. houre of the same day.

Yelow choler, wherof is ingendred the flume of the stomake, is nourished in Autumme, whyche begynneth the. viii. Idus of August, and dureth vnto the. viii. Idus of Nouember, and maketh many feuers and warme, the blacke coler than increaseth, and than foloweth thyncknesse of the bloude in the baynes. Blacke coler or melancoly moste raigneth in the splene, and it raigneth from the nynthe howre of daye, vntyll the thirde howre of nyght.

Peculyar remedies against the distemperance of euerye humout.

If the distemperance be of bloude, helpe it with thynges colde, warme, and drye: for bloude is moyste, hotte, and swete. If it be of redde coler, Soranus
in arte me
dendi, gyue thynges cold, moyst, and swete, for redde coler is better and fyry. If it be of blacke coler gyue thynges hotte moyst and swete, for blacke coler is warme

THE THIRDE

Sharpe and colde. If the disease be of salt fleume, gyue thynges swete hot and drye, thus sayth Soranus. Not withstandynge where there is abundance of colde fleume not myrte with coler, there thynges very sharpe and hote be mooste conuenient, as tarte byneger with hote rotes and sedes, oꝛ wyne stronge and rough, hony beinge sodden in the one and the other, oꝛ where cholet is myrte with fleume, syrope acetose made with byneger and sugar boyled, sometyne with herbes, rootes, oꝛ sedes, which may dissolue fleume and digest it.

¶ Diete of them, whiche are of sangwyne complexion. Cap. 15.

Foꝛasmuche as in sangwyne men bloud mooste raigneth, whiche is soone corrupted, it shal be necessary foꝛ them, whiche are of that complexiō, to be circumspecte in eatynge meate that shortly wylle receyue putrification, as the moze parte of frutes, specially not being perfittly ripe, also meates that be of yll iuyce, as fleshe of beastes to olde, oꝛ to yonge, vdders of beastes, byaynes except of capons and chykens, marowe of the backe bone, moche vse of onyons, lekes, garlyke, moche vse of olde fygges, moche vse of rawe herbes, and althyng, wherein is excesse of hete, colde, oꝛ moisture, meates that be stale, fyshes of the fennes oꝛ muddye waters, and to moche slepe, as experyence sheweth.

Diete

¶ Dyete of cholerike persons. Cap. 16.

TO them, whiche be cholerike, beinge in their naturall temperature, and hauinge not from their youth vbled the contrary, grosse meates moderately taken, be more couenient, than the meates that be fyne, and better shall they dygeste a piece of good biese, than a chykens legge. Choleric of his p^ropertie rather burnynge than well digestynge meates of lyght substaunce, not withstandinge some gentylmen, whiche be nyce brought vp in theyr infancy, may not so well susteyne that diete as poore men, beinge the more parte vbled to grosse meates. wherfore theyr diete muste be in a temperance, as yonge biese, olde beale, mutton, and benyson powdred, yonge geese, and suche lyke, conseruynge their complexion with meates lyke therevnto in qualitie and degree, accordinge to the counsaile of Hippocrates. And as he perceyuethe choler to abound, so to interlace meates, whiche be cold in a moderate quantite, & to alay their wyne more or lesse with water, eschewynge hotte spices, hotte wines, and excessiue labour, whereby the bodye maye be moche chaufed. Also he maye eate oftener in the day, than any other: foresene, that there be suche distance betwene his meales, as the meate before eaten be fully dygested. whiche in some person is more, in some lesse, accordinge to the heate and strength of his stomake, not tynge alwaye, that the colerike persone digesteth more meate than his appetite desireth, the melan-

U

colpae

THE THIRDE

colyke person despyeth by false appetite more than his stomacke may digest. And to a choleryke person, it is right dangerous, to vse longe abstinence: for choler, fyndynge nothyng in the stomacke to concocte, it fareth than, as where a lytell potage or mylke, beinge in a vessell ouer a great fire, it is burned to the vessell, and vnsauery fumes & vapours do issue out therof. Likewise in a choleryke stomacke, by abstinence, these inconueniences do happen, humours adust, consumynge of natural moysture, fumosities and styunkyng vapours, ascendynge vp to the head, wherof is ingendred, duskyng of the eyes, head aches, hotte and thyn reumes, after euery littel surfete, and many other inconueniences. wherfore besyde the opynion of best lerned men, myne own peynful experience also moueth me, to exhorthe them, whiche be of this complexion, to eschewe moche abstinence. And althoughe they be studious, and vse lyttell exercise, yet in the mornynge, to eat somewhat in littell quantitie, and not to study immediatly, but fyrst to lytte a whyle, and after to stand or walke softly, whiche vsynge these two yeres, I and also other, that haue longe knowen me, haue perceyued in my body a greate alteration, that is to say, from ylle astate to better. Alway remember, that if any other humour do abound in the choleryke person, as fleume, or melancoly, than untill that humour be expelled, the diete must be corrective of that humour, and therfore more hote and fine, than the naturall diete before rehersed: but yet

yet there wolde be alwaye respecte had to the naturall complexion, sometyme sufferynge the person to eat or drynke that, which nature working, feruently desirerh.

¶ Dyete of fleumatike persones. Cap. 17.

It is to be remembred, that pure fleume is properly cold and moyste, and lacketh tast. Salte fleume is myrte with choler, and therfore hath not in hym so moche colde nor humiditie, as pure fleume hath: & therfore it requyeth a temperance in thynges hot & dry, wherby fleume is dygested or expulsed. To fleumatike persons al meates are noyfyll, which are very cold, viscus or slimy, fat or sone putrified, eating moch and often, specially meates ingendrynge fleume, whiche be remembred in the table pcedyng. All thynges be good whiche are hotte and drye, also meates and drynkes whiche be solye: onyons also, and garlyke, moderatlye vled, be very commendable, in pure fleume not myrte with choler, moche vsunge of salt, specially dried. Pepper grosse beaten and eaten with meate, ought to be with all fleumatyke persons sampllye, also gynger is ryghte conuenient, but not to be so frequently vled as pepper, for as moche as the nature of pepper is, that beinge eaten, it passeth through the bodye, heatyng and comforynge the stomake, not entrynge into the vaynes, or annoyenge the lyuer, whiche vertue is not in gynger. Gynger condyte, the whiche we do call grene Gynger, specially candyd with

U ii

Sugar

THE THIRD

Sugar, if it may be gotten, and also Myrobalan-
nes, called kebuli, condite in India, be most excel-
lente remedies agaynst fleume. also the herbes,
which are remembred afore in the table of Digesti-
ues of fleume, and the rootes of persely, fenell, pze-
os, Elycampane, and carettes be very commen-
dable. Exercise twice in the day, the stomake be-
inge almost empty, so that sweate begynne to ap-
pere, is very expedient, clensing of the body from
all filthynesse, with rubbryng and wpyng, often-
tymes with washinge, specially the head and par-
tis therabout, moderate sweatynge in hot bathes
o; stufes be to this complexion necessary, special-
ly whan they haue eaten o; drunke excessively.
The head and fete to be kept from cold, & to dwel
hygh and far from mores and marshes, is a rule
right necessary. also to absteyne from eatinge her-
bes and rotes not boyled, and generally from all
meates, whiche wyl not be easily dygested.

¶ The diuision of melancoly, and the diete of per-
sons melancolike. Cap. 18.

Melancolye is of two sortes, the one is called
naturall, whiche is onely colde and drye,
the other is callyd aduste o; burned. Naturall
melancolye is (as Galene saythe) the resydence o;
dregges of the bloud: and therfore is colder and
thicker than the bloude. Melancoly aduste is in
foure kyndes, eyther it is of naturall melancoly
aduste, o; of the more pure parte of the bloude
aduste, o; of choler adust, o; of salt fleume adust.

But

But of all other that melancoly is warst, whiche is ingendred of choler: fynally all aduste melancoly annoyeth the wytte and iudgement of man, for whan that humour is hotte, it maketh menne madde, and whan it is extincte, it maketh menne fooles, forgetfull, and dulle. The natural melancoly kepte in his temperance, profyteth moche to true iugement of the wyt, but yet if it be to thicke, it darkeneth the spirites, maketh one timorous, and the wytte dulle. If it be myrte with fleume, it mortifieth the bloude with to moche cold. Wherfore it may not be so littell, that the bloud and spirites in their feruentnes, be as it were vnbridyd, wherof do happen vnstabilenesse of witte and slipper remembraunce: nor yet so moche, that by the weight therof (for it is heuy, approachynge nyghe to the erthe) that we seme to be alwaye in sleape, and nede a spurre to prycke vs forwarde. Wherfore it is ryght expediente, to kepe that humoure as thyn as nature wyll suffer it, and not to haue to moche of it. But now to the diete pertaynyng to them, whom this humour annoyeth. The knowledge, that melancoly reigneth, is oftentimes heynesse of mynde, or feare without cause, sleppynesse in the members, many crampes without repletion or emtynesse, sodayn fury, sodayn incontinencie of the tongue, moche sollicitude of lyght thynges, with palenesse of the bysage, and fearefull dreames of terrible bysions, dreamynge of darkenes, depe pyttes, or deathe of frendes or acquaintance, and of all thinge that is blacke. The

Ex Marci
lio ficino.
de uita sa
na.

Uit

meates

THE THIRD

meates conuenient are they, whiche be temperate in heate, but specially they that be moost: meates sone digested, and they rather boyled than roasted. temperately myxte with spices, mylke hotte from the bdder, or late mylked, is very conuenient for that complexion. swete almondes blaunched, and almonde mylke, the pelkes of reere egges, and finally all thynges, whiche ingender pure bloude, and all that is wryten in the chapter of age. All these be yll for them, wyne thicke or troublouse, specially redde wyne, meates harde, dry, very salt, or sowre, bourned meate, fried meate, moche bief, hares fleshe, beanes, roket, colewortes, mustard, radyshe, garlyke, excepte there be moche wynde in the body, for than is it very hollesome, onyons, lekes, finally all thynges, whiche heateth to moche, keleth to moche, or drieth to moche, also wyathy, feate, compassion, sorow, moche study or care, moche ydelnesse or reste: all thynges that is greuouse to see, to smell, or to here, but most specially darknesse. Moreover moche dryenge of the body, eyther with longe watche, or with moche care and tossynge of the mynde, or with moche lecherie, or moche eatynge and drynkynge of thynges that be hotte and drye, or with immoderate euacuation, labour, abstinence, thirst, going in the aire vntemperately hotte, colde, or drie, all these thynges do anoye them that be greued with any melancolye. It is to be diligently consydered, that where melancolye happeneth of choler aduste, there meates, whiche be hotte in warkynge, wold

wolde be myselfe tempered, and drynkynge of
hotte wyne wolde be eschewed: semblable cau-
tele wolde be in sauoures. Not withstandynge
moderate vse of small wyne, clere, and well be-
dured, is herein very commendable, the humour
therby beinge clarified, and the spirites clen-
sed, but the abuse or excesse therof doth as moche da-
mage. Also it is ryghte expedient, to putte into
wyne or ale, a gadde of syluer or golde, glowinge
hotte oute of the fyre, to temper hotte meates
with roses, Violettes, Saunders, Rose water,
bourage, Buglosse, baulme callyd in latyne Me-
lyssa, or the water of all thye drunken with good
wyne, whyte, or clarette. or made in a Julep
with sugar, is wonderfull holisome. chewynge of
lykoreise, or raisons of coraunce is ryght expedy-
ente: but mooste of all other thynges, mythe,
good companie, gladnesse, moderate exercyse,
with moderate feedynge. And thus I leaue to
speake of dyetes aptely belongynge to the foure
complexions.

The

THE FOVRTH BOKE

What cruditie is, and remedies there-
fore. Capitulo .i.



VVYL SOMEVVHAT wytte
of two disordres of the body. whi-
che doo happen by the excesse oꝝ
lacke of thynges callyd natu-
rall. wherof I haue spoken before.

The one is callyd cruditie, y other
lassitude, whiche althoughe they be wordes made
of latyne, haupnge none apte englyshe worde
therefoze, yet by the desynptions and moze am-
ple declaracion of them, they shall be vnderstande
suffycientely, and from hensefozthe vlsed foꝝ en-
glyshe. But fyrste it shall be necessarpe, to con-
sider, that concoction is an alteration in the sto-
mache of meates and dlynkes, accordyng to
their qualities, wherby they are made lyke to the
substance of the body. Cruditie is a vicious con-
coction of thynges receyued, they not beinge hol-
ly oꝝ perfiteley altered. The cause therof is, some-
tyme the distemperature of the stomake, somtyme
inflammacions, somtyme matter congeled, oꝝ im-
postumes in the stomake, otherwhile ingurgita-
tion of meate and dlynke: oꝝ foꝝ the vicious qua-
litie of the same meates oꝝ dlynkes, oꝝ the recey-
uyng therof out of oꝝder, oꝝ lacke of exercise, oꝝ
of conuenient euacuation. Galene sayth, that in
crudity oꝝ vicious concoction it must be considred,

as

Concoctio
what it is.

Crudity
what it is.

The cause
of crudity.

Galene de
muen. san. l.
ii. 4.

as well if the iuyce be betterly corrupted, and may not be sufficiently concocte, as also if it be in the way of concoction, for if it be corrupted, it must be expelled by sweate or byrue, if it be halfe concocte, than must suche thynges be minystrred as maye helpe to profite concoction, haupnge regarde to the quality and temperaunce of the iuyce, that is to saye, whether it be thicke or thynne, fleumatike or cholerike: whyche shall be perceyued by the diet pcedyng, and also by other thynges named not Natural. for fleumatike meates eaten in great quantity or often, maketh fleumatike iuice. Alike wyse dothe lacke of conuenient exercise, to moche rest or ydelnesse: as cholerike meates and behemēt labours do make colerike iuyce in somer and melancolike iuice in Autume, specially where labours be contynuall or longe duryng. Alsoo where labour is with moch sweate, there is the byrue moze grosse: where it is without sweat, there is it thynner. Moreover the colour and substance of the brine, declareth the temperance of the iuice, whiche shall be hereafter declared in the table of byrnes. Semblably the colour of the body declarith the iuyce that is in it, for beinge whiter than it was wont to be, it signifieth aboundaunce of fleume: beinge moze pale or yelow, it betokeneth excessse of coler: if it be blacker, it signifieth melancolpe, if the yll iuyce be moch in quantity and the bloudde lyttell, the yll iuyce wolde be digested and expelled with suche thynges as doo serue for that temperature: but if the bloude be moche,

¶

and

THE FOURTH

and the yll iuyce lytell in quantyty, there wold the
 bayne be opened, and after sufficient bledynge, a
 conuenient purgation gyuen, haupnge regarde
 aswel of the quantitie of the iuyce, as of the kinde
 therof, in case that either for age or for timorouse-
 nesse, a man wyll not be lette bloude, than muste
 he be purged by siege in moze abundance: But if
 he in whome is lyttell good bloude, and moche
 yll iuyce, and feeleth a lassitude or werynesse in all
 his body, he shulde neither be lette bloude, nor re-
 ceue purgation, nor yet labour or walke moche:
 but abyde in moch quyet, & assay to sleape moche
 and receue such meates drynkes and medicines,
 whiche doth attenuate or make thynne, cutte, and
 digest grosse humours without vehement heate,
 wherof it is wryten in the table of digestyues: in
 the number of whome is oximell, being wel made,
 or Acetosus symplex, where the iuyce is moche chole-
 rike or melancolike. Semblably capers with oyle
 and bynegret be praysyd of Galene. whan there
 apperith in the bryne a residence light and white,
 than wyne white or clarette moderately taken hel-
 peth to concoction, maketh good iuyce, and pro-
 uoketh bryne: than increase frications and exer-
 cise by litel & litel, and than let him retourn to his
 naturall dyete. In whome is abundaunce of raw
 iuyce, and outwardly feeleth a lassitude, to them
 Galene counsaileth, the seconde or thirde dawe,
 to giue Meathe, wherin Iscope is boyled, and af-
 terward to vomite. The meane to escape cruditie,
 is to be diligente in obseruation, of the counsels
 before

Galen li.
 lib. 6.

before wytten, concernynge the thynges called not naturall, not moche vsynge meates that be very harde to concocte, also fatte meate and meates longe kept, also corrupted or stynkynge, swete fruites, and bankettyng dishes, hasty fedynge without good chewynge, also moche or very ofte drynkynge at meales, very moche heate, or very moche colde after meate.

Furthermore it must be consydered, that all thynges whiche byngeth grieve to the body, is ingendred eyther of to moche abundance of iuyce, or of the vicious quality therof. He that is sycke of abundance, the dyete of hym holy consisteth, in reducinge the iuyce to a conuenient quantytie. He that is greued with the vicious qualytie of the iuyces, his order resteth in makynge the iuyces equal in temperature. Now ouer where that which passeth out of the body, is lesse than that which is receyued in to the body, there hapneth syckenesse, whiche commeth of abundance. In the which case it ought to be diligently foresene, that there be obserued a conuenient meane of meates and drynkes, in respect of that which is expelled out of the body, whiche may be done if the quantity of eche of them be wisely consydered. And where abundance is, there the quantytie or qualytie, or both be tempred. Allway remember, that of crude iuyce be dyuers kyndes, some be colde and fleumatike, some be hotte and cholerike, other be more thynne and watry, some of blacke coler or melancholyke. They whiche do abournde in any of them, muste

THE F O U R T H E

Aetius ser-
mon. 9.

Paul. Egi.
lib. 2.

Galenus de
menda sa-
li. lib. 5.

absteyne from suche meates and drynkes, whiche
do ingender suche iuyce as dothe annoyne the
those meates and drynkes be declared in tables
preceding. Aetius also wold, that he should drinke
a draughte of cold water, affirmynge, that thereby
the stomake being corroboreate, driueth out of him
downe into the bely, that which cleaueth fast to it.
I my self vsunge to drinke fasting, very smal biere
or ale, whan I haue ben in that case, haue found
ease by it. Paulus Aegineta wylleth, that at the
begynnynge, the legges and armes shoulde be
rubbed with a course linnen clothe, the legges
downewarde to the fete, the armes to the toppes
of the fyngers, and whan they be wel chaufed, then
to rubbe them agayne with some oyle, that dothe
open the pores, and dyscusse the vapours, as
oyle of camomyll, oyle of anete, and other lyke.
he playseth moche Shulle, or the water of honye,
specially yf some flope be boyled in it. Galene, &
all other, do agre, that in this case Pepper buy-
fed and eaten with meate, is very expedient: And
where there is moche wynde in the stomake, than
to eat all tymes of the day of the medycine made
of the thre kindes of pepper, tyme, anyse seede, and
hony clatified, whiche is called Diatricon pipere-
on, or that which is called Draspoliticon, or Di-
apiganon, whiche is made of cummyne, steeped
one daye and a nyght, or lenger in tarte vynesgar
and after fryed or layde on a burninge hot stone,
and made in powlder, also pepper, and rewe dyed
somewhat, and made into powlder, all in equall
poze

portions, and myxt with clarified hony. Galene
addeth thereto salte peter, called in latyn Nitrum.
The confection made with the iuyce of quynces,
and is called Diacytoniten, is very excellent, but it
is to be diligently noted, that where cruditie is in
a cholerike personne, there wolde the sayde medi-
cines be temperatly vled, and the sayde Diacytoni-
ten, to haue lyttell or no spices in it. And for my
parte, beinge of a cholerike humour myxt with
fleume, many yeres continually in cruditie, I ne-
uer found any thinge better than fyne Reubarbe,
chewed with raysons of cozens, whiche I toke by
the counsaile of the worshypfull and well lerned
philition, maister Doctour Augustine, who in
his maners declareth the gentyl nesse of his aun-
cient bloudde, whyche medicyne I do not leaue
to vse dapely fastynge, whan I fele suche crudi-
tie to begynne. Also syrope acetose, that is to say,
sugar sodden in pure byneger, and lyttell water,
vntyll it be thicke as a syrope, is sometye con-
uenient, and that as well to choleryke personnes,
as vnto fleumatycke: and yf fleume be aboun-
dant, than with rootes and sedes of fenelle and
persely sodden with it. Also in that case Orymel,
that is to saye, hony and water sodden togyther,
with the sayde rootes and sedes, and a quantitie
of byneger put thereto in the boyl ynge, is very
commendable, yf the patient be very colture, than
the medicine of Galene, called Hierapetra, frome
halfe an ounce to an ounce, taken in water of ho-
ny or ale, or taken in pylles the weyght of a grote

THE FOURTH

and a halfe, or two grotes, yf the stuffe be good. wyl purge the bodye sufficiently, without makinge the body weaker. Also that medecine by cleansing the stomake and body, deliuereth a man and woman, from many peryllous sykkenesses. If the humours in the stomake be not putrified, but that it is greued with aboundaunce of salte fleume, I haue founde that mylke newe mylked. wherein is put a quantitie of good hony or suger, and thre leaues of good speare myntes. and a lyttell boyled, so beynge drunke warme fastynge, the quantitie of a pynte, and restynge on it, without eatynge or drynkynge any other thyng the space of thre houres after, haue abundantly purged and comforted the stomake, but where there is no fleume, but only choler, it is not so hollesome, but rather hurteth, making fumosities in the hed, wherof commeth head ache.

¶ Of distillations called commonly Rewmes, and of some remedies agaynst them ryght necessary. Cap. 2.

FOR as moche as at this present tyme in this realme of England, there is not any one more annoyauce to the helth of mans body, than distillacions from the head called rewmes, I wyl not let to write somewhat of them, wherby men may take benefite, if they wyl: although some phisitions, more considering their market than their dute to God and their countrey, wyl be neuer so much offended with myne honest enterpryse.

Distillati-

Destillation is a droppynge downe of a liquid mater out of the head, and fallynge eyther in to the mouth, or in to the noſethylles, or in to the eyes, and ſometyme into the chekes and eares, that whiche falleth in to the mouth, is receyued of the throte in to that parte whiche is the instrument of the voice, which at the first maketh hoſſenneſſe, and in proceſſe of tyme maketh the voice little, and vneth to be harde. And if the reume be ſharpe, it caſeth the inner ſkyn of the throte, and ſometyme it doth exulcerate the lunges. If it doth fall into the ſtomake, the reume beinge colde, it altereth the body in to a cold diſtemperance, if it be hot it maketh a hot diſtemperature, and dothe ſometyme exulcerate in proceſſe of tyme: And at the begynnynge abateth appetite, and maketh feeble concoction. The cold reume, maketh concoction ſlowe, and alſo crudytie, and ingendzeth ſowre fumes in the mouth. If it be corrupted, it tourneth alſo nourishment vnto corruption, whiche maketh vphradinges fumiſhe or ſharpe, or of ſom pill qualitie, whiche can not be expreſſed. If the mater do diſcende lower, it tormenteth the guttes called Ieiunum, and colon, and toucheth other veſſelles, from whence procedeth digeſtion. In this diſcracy two thynges are to be prouyded for, fyrſt to lette that the reume do not deſtyll in to the ſayde places, or if it hath done, that it be ſhortly expelled from thence. Fyrſt to lette that it ſhall not deſtyll, it ſhal be neceſſary to eate ſome meate the ſoner in the morning, if there hath not preceded replecion.

where

THE FORTH

Where the temperature of all the body is colerke, and the stomake is weake, the stomake wold be made stronge with suche thynges as of theyr property do comfort the stomake: for esene that they be moderately cold and moist: And that whiche is all redy fallen into the stomake, must be expelled with vomyt or siege, prouoked with worme wode steepid all one day and a nyght in a lyttell small white wyne, or small ale and stale, whiche hath vertue onely to wype away the filthe from the stomake, but if it be souked depe in to the filth of the stomake, than is it better to take the medycyne called *Hierapicta*, either in poulder with drinke warmyd, or els in pylls, to the number of fyue or mo in the mornynge. vi. houres before any other meate or drinke taken: afterwarde to moynt the mouth of the stomacke with oyle of *Mastike* or *Rardinum* temperately warme. Alway if a hotte reume do fall in to a hotte stomake, than meates and drynkes whiche be colde in vertue wold only be vsed. where the stomacke is distempred with heat, and the reume destilleth into a cold, hed there is the discracy harde to be cured: And they which be so affecte, or diseased, must take suche thynges as may dissolue the fleume and clense the stomak without heatinge therof, of the whiche vertue we knowe orymell to be of.

If the stomake and head be bothe distempred with cold, than must be vsed meates drynkes and oymntes, whiche onely be hotte, and vtterly to forbeare all that is colde.

By these destillatiōs oꝝ reumes hapneth many
 other greuouse diseases, besydes those wherof I
 haue spokē, as in the hed whyzlinges, called in la-
 tyn Vertigines, sodayne soundynges, fallynge syn-
 nesse, polis, styngynge of the nose, callyd Polypus,
 sores in the mouthe, tothe ache, pynne and webe
 in the eyes, dulnesse of heringe, quynces, frettinge
 of the bowelles with flires, shortnesse of bꝛethe,
 grieve in the harte, palseyes, ache in the muscules
 and ioyntes, wherfoze it is not to be neglected.
 And I doo moche meruayle, that our phisitions
 do not moze studypously pꝛouyde therfoze reme-
 dies. I my selfe was by the space of foure yeres
 continually in this dyscrasy, and was counsayled
 by dyuers phisitions, to kepe my hed warme, and
 to vse Diatrion piperion, & such other hot thinges as
 I haue reherseed, at the last felynge my selfe very
 feeble, and lackinge appetite and slepe, as I hap-
 ned to reade the boke of Galene De temperamentis,
 whiche treatith De inaequali temperatura, and after-
 warde the. vi. boke, De tuenda sanitate, I perceyued
 that I had ben longe in an errour. wherfoze first
 I dyd thꝛowe away my quylted cappe, and my o-
 ther close bonettes, and onely dyd lye in a thynne
 coyse, whiche I haue euer sens vsed both wynter
 and somer, and ware a light bonet of veluct only,
 than made I oxymel after the doctrine of Galen,
 sauyng that I boyled in the vyneger rootes of
 persely and fenell, with endyue, cichory and, be-
 tayne, and after that I hadde taken it thꝛe dayes
 continually, euery day thꝛe sponesful in the moꝝ-
 nyng

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nyngge warme: than toke I of the same ozymell,
 wherin I had infused oꝛ steapid one dramme of
 Agaryke, and halfe a dramme of fyne Reubarbe.
 the space of.iii. dayes and.iii.nyghtes, whyche I
 receyued in the moꝛnyng, eatyng noo meate
 vi.houres after, and that but a lyttell bꝛothe of a
 boyled henne, wherof ensuyd. viii. stoles abun-
 dant of cholet and fleume: soone after I slepte
 soundly, and had good appetite to eate, after sup-
 per I wolde eyther eate a fewe colyander sedes
 prepared oꝛ swalowe downe a litel fyne mastyr, &
 foꝛbeate wyne, and dranke only ale, and that but
 lyttell and stale, and also warmed. And sometyme
 in the moꝛnyng woulde take a perfume of Storax
 calamita, and now and than I wolde put in to my
 nosethylles eyther a leafe of grene laurell oꝛ be-
 taine, oꝛ water of maiorame bꝛuised, which caused
 the humout to distill by my nosethylles. And if
 I lacked storax, I toke foꝛ a perfume the ryndes
 of olde rosemary and burned them, and held my
 mouth ouer the fume closynge myne eyes, after-
 warde to comfort my stomake and make it strong
 sometyme I wold eate with my meat a litel white
 pepper grosse bꝛuised, sometyme Galens electua-
 ry made of the iuice of quinces, called Diacytonites,
 sometyme marmalade of quynces, oꝛ a quynce ro-
 sted. And by this diete I thanke almighty god
 vnto whome onely be gyuen all gloꝛy, I was re-
 duced to a better state in my stomacke and head,
 than I was. xvi. yeres befoꝛe, as it maye appere
 vnto them, whiche haue longe knowen me. And
 this

this haue I not written for bayngloze or of presumption, but to the intent that they whiche haue their bodies in lyke temperature as myne was, that is to saye, beyng choleryke of complexion, and haupnge reumes fallynge out of a hote head, may if they liste assay myne experience, or in the stede of my sayd infusion, take Hierapicra, with ale or water to purge them, wherof shall not ensue so moche perile, as of corrupted siropes, & other confectiones called Magistrales, made with olde rotten drugges, though the phisitions be neuer so well lerned. In bodies of other temperature, I wold not that myne experience shulde be practised but with discretion, tempyng the medicyne, as the qualities of the stomake and head do requyre, remembryng alway, that hote reumes by thyn and subtell, colde reumes be for the moze parte thicke. Also that they which be thyn wold be made thicke, that they perce not to fast. And that they whiche be thicke, wolde be made thynne that they maye the sooner be purged, by what tokens one maye knowe whether the stomake and head be hote or cold. Finally this dare I affirme, that the reumes which of late time haue ben moze frequent in this realm, than they were wont to be. xl. yeres passed, haue hapned of none occasion moze than of banquettinges after souper & drinking moch, specially wyne a lyttell afoze slepe. An other thinge is the keepyng the head to hote or to long couered whereby the brayne whiche is naturally cold is distempred with hote vapours ascendyng from the stomake

make those same vapours beinge lette to euaporate or passe forth out of the head, and therfore be concrete or gathered into humour superfluous, whiche stilleth downe estones out of the head in to the places before rehersed. Yet now a dayes if a boye of .vii. yeres age, or a yonge man of .xx. yeres haue not two cappes on his hed, he and his frendes wil thynke that he may not continue in helth. And yet if the inner cappe be not of veluet or satyn, a scruinge man fearith to lose his credence. A persone vicare or parishe prest, by vsynge their veluet cappes embrowded with laces, do make some men thynke that they be ashampd of theyr crounes that reuerend toke of the order of preesthode, the whiche notable abuse, I moch meruayle that the byshoppes wyl suffer. specially they whiche haue hadde leasour to reade the markes of saynt Cypriane, saynt Hierome, Chrysostomus, saynt Ambrose, & sundry decrees made by the olde fathers, cōcerninge the honest besture of preestes, whiche althoughe it seme a lyght matter to some men, yet it augmenteth or minisheth not a lytel in preestes, the estimation of their conditions. Salomon confirming the same, saying. The garnēt, & gate, and lawghter of a mā declarith what he is, but this mater wil I leue to a nother place where I intend to speake moze abundantly of it, if it be not the sooner amended. Nowe to conclude, as longe as the sayde occasions continue, so longe men shall not be without reumes, although they were all perfite phisitions.

Nowe

Now to retourne to the remedies agaynst the
 sayde anopaunce wherof hapneth so many great
 sycknesses, I wyll be bolde to write a lytell out of
 the warkes of the moſte famous and expert phi-
 ſitions. Fyſt the cauſe of the reume muſt be di-
 geſted, after expulſed, thirde diuerted, that is to
 ſay, tourned from the eyen or throte, into the noſe
 from whẽſe it may be moze eaſily purged, fourth-
 ly it may be ſtopped, that it ſhall not deſtill. In
 hote deſtillations the head is very hot in felinge,
 the reume being in the mouth is thyn and warme,
 the tongue or chekes within bliſtered, the face ſom-
 tyme redder than it is accuſtomed to be, ſomtyme
 a burninge within the noſe. To them which haue
 this hote reume, may be gyuen the ſede of white
 poppy. Diacodion made of the heddes of white poppy
 and rayne water. Amylum with mylke, if there be
 no feuer, penidees, malowes, orange, gourdes, and
 ſpinage, boyled and eaten with oyle of almondes,
 ſirope of violettes, nemiphar or the wine of ſwete
 pomegranates, the waters of a great Cucumber,
 boyled with a lyttell ſugar, beinge drunke, dothe
 mitigate coler, ſtoppeth the reume, and eaſily lou-
 ſeth the bely, the ſedes of melons brayed in a moz-
 ter with water, and ſtrained with ſofte breade ha-
 uynge ſugar put to it, maketh an excellent good
 meate agaynst the hot reumes. playſters made of
 barley bruiſed, violettes, poppy, and camomyl boy-
 led in water, wherein ſponges or linen clothes be
 inge dept, ſhulde be layd on y^e hed, & the genitoies
 or legges therewith waſhed. If the ſick mā can not

Y iii

ſlepe

fleape, than the sayde partes with the bealy and
 fundement shall be noyted withe the oyles of
 violets and Remiphar, the sauour of Camphar
 in rosewater with ypollettes is good in that case.
 Galen exhorteth and I haue proued, that in a ve-
 ry hote reume whiche hath stilled faste, the pow-
 ryng of cold water in vpon ones head hath stin-
 ted the reume. He that is therin diseased must ex-
 chewe goinge in the sonne, or to come nigh a gret
 fyre, or to stande or be longe couered, or to were
 moche on his hed, he must rest moch and prouoke
 him selfe to slepe a nyght, but not very longe and
 to lye on the one syde on a harde bedde, haupnge
 his head hygh, also rubbyng of his legges be-
 fore meale is very holosome. Cold reumes be per-
 ceuyed by coldnesse of the humour and head with
 palenesse of the vylage, all colde thynges increa-
 singe the reume. These thynges are good ageinst
 it, the decoction of cicer with honye and raysons,
 fylberd nuttes tosted eaten after meales, nothing
 is moze holosome than abstinence, specially in the
 cuenyng, they whiche haue it must beware of
 Nozthern windes, the monethine by nyght, was-
 shinge in cold water, and to be long barchedded.
 The sedes of Pigella a lyttell tosted and putte in
 to a pyece of thynne sarcenet and smelled vnto,
 stoppeth the reumes.

Cneesyng in the begynnynge of the reume is
 dispraised of Galen, but after that the matter is
 dygested it is very holosome that maye be made
 with leaues of laurel or betayne put into the nose
 thylles

chylles, the iuyce of colewortes, the rootes of red beetes, water of Maiozame. A pꝛety medycine foꝛ that purpose pꝛoued. The iuyce of yonge betes and Maiozame of eueriche one ounce, good whit wyne. iiii. ounces, saffrone the weight of. ii. pence, that beinge hette and taken in the mouth. Chalbe drawen vp with bꝛeth to the place wherby the Destillation falleth out of the nose in to the mouth. And if the reume do destill in to the cheekes and teeth, I haue pꝛoued that the iuice of ground iuy, and that herbe whiche we call House eare, taken within a quyll in to the nosethylles, oftentymes purgeth excedingely the reume and taketh away the ache of the teethe.

Gargarising if it be not discretely vsed, may do moze harme than good. bynge downe moche abundaunce of mater vndigested, but taken in order with water hony and pepper, oꝛ with Islope and fygges boyled in white wyne, and taken very hote in a gargatise is right conuenient.

Foꝛ compassion which I haue of them that be vexed with toothe ache caused of reumes, I wyl by the leaue of phisitions conclude this chapter with an excellēt medicine against the said passion, whiche is wꝛiten of an honorable phisition of late yeres, which medicine also maketh teethe fast whiche be louse, and also stoppeth the superfluous bleeding of goumes, wherwith the bꝛeth is made vnſaueꝛi: Take the rindes of Capet rotes, y rotes of bꝛimbles whiche do beare blacke beryes, the floures

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Floures of pomegranates callyd Balauftia, of euery of theym, the weyght of .ii. ducates, pelytoze of Spayn one ducate, sede of white henbane, the rindes of mandrage of euery of the one ducate and a half, spourge of the garden one handful, alume of the roke, .ii. ducates, boyle all this in whit wine oꝛ clarette, which is very rowgh in tast, & strayne it therewith, let the pacient oftentimes washe his mouth. Albeit I will counsaile them which will take this medicine oꝛ any other, fyrste to pouрге þe cause of þe reume as befoꝛe is reherfed, oꝛ in any other wyse, as they shal be counsailed by well lerned and discrete phisitions.

¶ Of Lassitude. Cap. 3.

Lassitude is a disposition towarde sykenesse, wherin a man feleth a soozenesse, a swellinge oꝛ an inflammation. Sozenesse hapneth of humours sharpe and gnawing, as after great exercise and labours, whyche lassitude happeneth to them, whose bodies are full of yll iuyce and excrementes. Also after cruditie in them, which are not exercised, oꝛ doo abyde longe in the heate of the sonne. It may also be in the body, wherin is good iuyce, if he be fatigate with immoderate exercise. In them, whiche do fele this lassitude, the skynne appereth thicke and rough, & there is felt a grefe somtyme in the skynne onely, somtyme also in the fleshe, as it were of a sooze. The cure therof, is by moche and pleasant rubbingge, with sweete oyles, whiche haue not the vertue to restrayne oꝛ close

Aen. li. 3.

Galen^o de
tuenda sa
ni. lib. 5.

close. and that with many handes, and afterward
to exercise moderately, and to be bayned in water
swete and temperate in heate. also than muste be
gyuen meates of good iuyce, potage but selde,
wyne is not to be forboden. for vnto wyne vneth
any thyng may be compared, that so well dyge-
steth crude humours. it also prouoketh sweatte &
brine, and maketh one to slepe soundly. but if this
lassitude do abyde the nyght and day folowinge,
or wareth more and more, than if the paciente be
of good strength and yonge, and hath abundance
of bloude, let hym be let bloud, or prouoke the he-
morrhoides or piles to blede, if they do appere. But
yf it procede of the malyce of any humour, with-
out abundance of bloud, than resort to purgatiōs
apte for the humour that greueth. The tokens
wherof, shall appere as well by the colour of the
skynne and diete precedynge, as by brine, or dure,
sweatte, thirste, and appetite, as it is reherfed be-
fore in the complexions. If the yll bloudde be ly-
tell in quantitie, and the crude humours aboun-
dant, than shall he not be let bloud, nor vehement-
ly purged, neyther shall exercise or moue hym
self, nor be bayned. for all exercise carieth humours
throughtout al the body, and stoppith the powers.
Wherfore these maner of persons shulde be kept
in rest, and suche meates drynkes and medicines
shuld be gyuen to them, whiche shulde attenuate
or dissolue the grossenes of the humours, without
notable heate, as orymell, barley water, & mulle,
if the pacient abhoire not hony. And for as moch

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as in the sayde personnes, commonly there is abundance of wynde about their stomackes. therefore pepper, speciallye longe pepper, or whyte, is very conuenient to be vsed, and the medicine before wryten, called *Diapoliuicum*. whan the humors are dissolued, thā is it good to drynke white wine, or small clarette wyne moderately.

¶ *Lasitude extensiuē. Cap. 4.*

VWhan one thynketh that he doth fele a swellinge or bollynge of the bodye, wher in dede there dothe not appere in syght or touchynge any swellinge, that is callyd *Lasitude extensiuē*, if it hapneth without exercise or vehement mowynge. This doth happen of excessive multitude of humors, which do extende the muscules or fyllettes. In this no so:enes is felt, but onely an heuynesse with extention or thurstinge out of the body. And bycause that there is abundance of bloude in the body, best remedy is to be letten bloude about the elbowe or ancle, after to be purged, than to vse softc fricasyes with oyles afore reherfed, afterward moche rest and temperate bathes, and meates lackyng sharpnes, and being absterliue.

¶ *Lasitude with the feelynge of inflammation. Capitulo. 5.*

If withoute any mowynge, the muscules and fleshe rise vp in the bodye, as it swelled, with great peynes and exceedinge heate, than sone after foloweth most hottest feuers, except it be p:uen-
ted

ted by letting of bloud, and that in abundance, and almost to sowninge, but it were more sure to be let ^{Actius.} bloud twyse in one daye. the firste tyme withoute sownynge, at the next tyme sownynge is not to be fered. If the greife be in the neck or hed, the bloud must be lette of the wayne called Cephalea, or the Shulder veyne. If it be in the bulke or vppermost part of the body, than must the veyne be cut, which is callyd Basilica, or the innermost veyne. If all the body be greued, thā cut the veyn, which is named Mediana, or the myddel veyn. If a feuer remayne after bloud letting, than order him with the diete of them that haue feuers, which ye shall fynde wrytten hereafter. If noo feuer remayne, than vse moderate fricasies, and lyttell eatyng, & that of meates haupyng good iuyce, increacyng by lyttell and lyttell to the naturall diete.

¶ Diete of them that are redy to falle into syckenesse. Capitulo. 6.

Nowe retourne esresones to speake of diete, it is to be remembred, that they, whiche are redy to fall into diseases, they are prepared therunto, either by repletion of superfluous humors, or els by cruditie or malpce of humours, which are in them. As touchyng the fyrst, the generall diete must be suche, as therby the humours may be attenuate, and by conuenient euacuation, brought to a moderate quantitie. As for the seconde must be corrected with meates and drynkes of contrary qualities, hauinge alway respecte to the age of

Z ii

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the person, tyme of the yere, place of habitation, and most specially the vniuersall complexion. for choler offendynge in an olde manne, in wynter tyme, in a colde countrey, or the persone beinge of his naturall complexion fleumatike or melancoly, wolde not be so habūdantly expulsed or subdewed, as if it be in one yong and lusty, in the hot sommer, in the countreys, where the sonne feruently burneth, or the persone of his proper nature is verye colerike. And in lykewise contraty. wherfore euery manne, knowynge his owne naturall complexion, with the qualitie of the humour that offendeth, lette hym make temperance his chiefe coke, and remembrynge that whiche I haue before declared, or dayne to hym selfe suche diete, as may resourne the offence with none or lyttell annoyance, to his vniuersal complexion. And yf he can so do, he shal happily escape, not only diuers syknesses, but also the most pernicious danger, proceeding of corrupted drouges or spices, wherof som couetous poticaries do make medicines, maugre the hedes of good and well lerned phisitions.

¶ Sickenes moste commune to particular tymes of the yere and ages. Cap. 7.

Although I do not intende to wryte of the cure of egritudes or syknesses confyrmmed, as well bycause it moughte be reputed in me a great presumption, as also forasmoeche as it were very peccillous, to dyuulgate that noble science, to commune people, not lerned in lyberall sciences

ces and philosophy, which be requyred to be sufficiently in a phisition. And mozeouer, many bokes of Hipocrates and Galene ought to be radde, before that one do take vpon hym the generall cure of mennes bodies: yet not withstandinge, I trust I maye without any note of arrogauce wyte, what diseases do most commonly happen in sundry tymes of the yere and ages of men and women, with some significations, wherby the dyscrasy or distemperature of the body is perceyued, to the intēt that the phisition beinge farre of, may be treuly informed, considering that brines farre caried, do often deceyue them, and lyke wise lack of the syght of the paciēt, and inquisition of thinges, whiche do p:ecede or folow the sycknes. And with this I trust none honest and charitable phisition wylle be offended, but rather gyue to me thanks for my dylgence, in the aduauncinge of their estimation, whiche by lacke of perfytte instruction hath ben appaired.

¶ Syckenesses of Springe tyme.

¶ Diseases procedynge of melancolye, as madnesse, fallynge sycknesse, bleedynge, quynces, poses, hoo:senes, coughes, lepries, scabbes, ache in the ioyntes.

¶ Syckenesses of Sommer.

¶ Many of the sayde diseases, also feuers continual, hot feuers, feuers tertiane, quartains, vomytes, flyres, warringe of eyes, peynes of the eares, blisters & sores of the mouth & sweattinges.

THE FORTHE

¶ Syckenesses of Autumne.

Cruetters of somer syckneses, also oppilations of the splene, dropsies, consumptions, strangulacions, costiuenesse, ache in the huckle bones, shortnesse of wynde, frettyng of the bowelles, falling sycknes, and melancolyke diseases.

¶ Syckenesses of wynter.

Stryches and grefes in the sides, inflammation of the lunges, reumes, coughes, peynes in the brest, sydes, and lopnes, head ache, and palseyes.

¶ Syckenesses happenynge to children.

Whan they be newe borne, there do happen to them sores of the mouth called Aphte, vomityng, coughes, watchinge, fearefulnesse, inflammations of the nauell, moysture of the eares.

Whan they byede tethe, ytyching of the gummes, feuers, crampes, and laskes.

Whan they waxe elder, than be they greued with kernelles, opennesse of the mould of y^e head, shortnesse of wynde, the stone of the bladder, wormes of the bealy, waters, swellynge vnder the chynne, and in Englande comonly purpys, measles, and small pockes.

¶ Sycknesse happeninge to yonge men from, xiiii. yeres of age

Feuers cotidiane, terciane, quarteyne, hotte feuers, spittynge or vomitynge of bloude, pleuresies, diseases of the sydes, inflammation of the lunges, lethargies, fransy, hote syckenesses, cholerike passions, costiuences or vehement laskes.

Sycke

¶ Syckeneses of age.

Difficultie of bʒeth, reumes with coughes, strangulpon, and difficultie in pyllynge, ache in the ioyntes, diseases of the raynes, swimmynges in the head, palseyes, ptychynge of all the bodye, lacke of slepe, moysture in the eyes and eares, dullnesse of syght, hardnesse of hearynge, thiknesse oʒ shortnesse of bʒeth.

Although many of the said syckneses do happen in euery tyme and age: yet because they be most frequent in the sayde tymes & ages, I haue wʒitten them, to thynkēt, that in the ages & tymes moſte inclyned vnto them, such thinges mought be than eschewed, which are aptte to ingendʒe the sayde dysseases.

¶ The generall significations and tokens of syckenes. Cap. 3.

If the body be hotter, colder, moyster, dryer, leaner, fuller, the colour moze pale, oʒ swart, the eyes moze holowe, than is accustomed to be, it signifieth that the body is disposed to sicknes, oʒ alreedy sicke.

The brayn sick. {

 Raupnge.
 forgetfulnesse.
 fantasye.
 Humours commynge frome y
 rouse of the mouthe, the eyes,
 the nose, oʒ the eares.
 watche.
 Slepe.

Diff-

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The harte sycke.

Difficultie of breathe.
Tremblinge of the hert.
Beatynge of the pulse.
Feuers.
Colde.
Diuerſitie of colours.
Griefe about the hart.

The lyuer sycke.

Lacke oꝛ aboundaunce of humours.
The foyme of þ body altered.
Paleneſſe.
Concoction.
Digestion.
Alteration of excrementes accustomed.
Peyne in the place of þ lyuer.
Swellynge.
Difficultie of bꝛeth.

The stomake ſick.

Concoction, ſlow oꝛ quicke.
Appetite of moyſt oꝛ dry, dul oꝛ quicke.
Separation of excrementes moiſt oꝛ hard with their colours.
Vexynge. Belkynge.
Vometynge with peyne and difficultie of bꝛeth.
Urine moch oꝛ litel with the colour and ſubſtance, to red oꝛ to pale, to thicke oꝛ to thin.
Diffi

The brest.

Difficultie of breath.
Cough.
Spyttinge.
Depne in the brest.

This haue I written, not to geue iudgement therby, but onely for the pacient to haue in a redynesse, to thintent that what so euer he feleth or percepueth in euery of the sayde thynges, therof to instructe his phisition, wherunto he maye adapt his counsaile and remedies.

¶ Of vrines. Cap. 9.

Foasmoch as now a dayes the most common iudgement in syckenesse is by vrynes, whiche beyng farre caried or moche meued, or standinge longe after that it is made, the fourme therof is so altered, that the phisition shal not perfytyly perceue the natural colour, nor contentes, although it be neuer so well chaufed at the fyre, as Actuarius and other great lerned men do affirme. I wil therfore somewhat speake of vrines, not so moche as a phisition knoweth, but as moche as is necessary to euery man, for to perceue the place and cause of his grieve, wherby he maye the better instructe the phisition.

If yst in vrine, foure thynges are to be considered, that is to saye, the substaunce, the colour, the regions or partes of the vryne, and the contentes or thynges therein conteyned.

Also foasmoch as in the body of man be foure
a qualities

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qualities, heate, colde, moysture, and dryth, two of them, heate and cold, are causes of the colour, dryth and moysture are causes of the substance.

¶ Moreover in vrine, being in a vessell apt ther vnto to be sene, are thre regions. The lowest regio in the bottome of the vrynall, conteynyng the space of two fyngers or lyttell more. The myddel region, from whense the lowest ended, vnto the cerkle. The hyghest region is the cerkle.

¶ The hyghnesse of the colour signifieth heate: the pale, blacke or grene, signifieth colde.

¶ Also the grossenes or thickenesse of the vryne signifieth moysture, the clerenes or thynnes, signifieth dryth.

¶ The colours of vrynes.

¶ Colour of bryght golde. } Perfyte digestion.
Colour of gyfte. }

Red as a red apple or chery. }
Bale redde, lyke to bole armenake, or saffron dry. } Excesse of digestion.
Redde glowynge lyke fyre. }

Colour of a beastes lyuer. }
Colour of darke red wine. } Adustion of humours.
Grene lyke to colewortes. }

Leadde colour. }
Blacke as ynke. } Feblenes or mortification of nature, excepte it be in purginge of melancoly.
Blacke as horne. }

White

Whyte clere as water.

Gray as a horne.

Whyte as whay.

Colour of a camels heare.

} Lacke of di-
gestion.

Wale lyke to brothe
of fleshe sodden.

} The begynnynge
of digestion.

Cittine colour oꝝ yelowē, }
Subcittine oꝝ paler. } The myddell of
digestion.

Whyte and thynne betokeneth melancolpe to
haue dominion.

Whyte and thicke, signifieth fleume.

Redde and thicke betokeneth sanguine.

Redde and thynne betokeneth the choler to haue
the souerayntie.

¶ The substance of the vrine. Cap. 10.

At the fyrst pissynge, all brines well nigh do
appete thyn, as longe as they abide warine.
foꝝ natural heate, during the tyme that it preuaileth,
suffreth not that the lycour, which is the sub-
stance of the vrine, to congele oꝝ be thicke foꝝ any
occasion: but after that heate is gone, some brines
shoꝛtly, some a longer time after, waxe thicke.
Lykewise somtyme, some ar pissed thicker, and af-
ter waxe clere, some remayne styll as they were
made, some be metely thicke, as they were trou-
bled, some very thicke and grosse. They that waxe
clere, some do gather that, which is thicke into the
bottome of the brinal: some remayn troubled, the
grossenes not withstandinge gathered in the bot-

all

tome

tome. Semblably the diuersitie of thyn oz subtyll brines, must be perceyued, that is to say, that some are very subtyll as water, some lasse subtyll, some in a meane betwene thicke and thinne.

Of thynges conteyned in the brine, some doo discende downe to the bottome, and be called in a greke worde *Hypostasis*, in englyshe some calle it the groundes, some the resydence, whiche if it be whyte, lyght, risynge vp from the bottome of the brinall, lyke a peare, it sygnifieth helth, if it be of any other fygure oz colour, it betokeneth some annoyance. If lyke thynges be sene in the myddell of the brynall, they be called sublations, yf they appoche vnto the hyghest region of the bryne, they be named cloudes, in latin *Nebula*. The groundes oz residences not perfite, some is lyke lyttelle redde betches, and is callyd in latyn *Orobes*, some is lyke to branne of wheat grounde, and seuered from the meale, and is called branny residence, in latyn *Furfurea*. Some be lyke vnto plates, hauynge bredth and length without thycknes, and may be named platy residence, in latyne *Laminea*, some is lyke to meale, wheate, oz barley, and may be named mealy residence, in latyn *Similacea*.

There is also seene in the bryne lyke to whyte heates, some lengar, some shorter. Sometime like to ragges somewhat red. there is also sene in the vppermoste parte of the brine, sometyme a some oz froth, sometyme belles oz bobles. Sometyme there swymmeth in the brine a thinge like a copwebbe, otherwhile ther is about the cerkle, as it were the
ren-

rentynge of clothe, somtyme there is in the brine lyke motes of the sonne, somtyme lyke the matter of a soze, otherwhyle lyke the sede of a man. also grauelle oꝛ sande. And in these thynges maye be dyuers colours, some whyte, some red, some betwene bothe, some yelow, some graye, and some blacke. All this muste be diligently marked, and therof seperatly to aduertise the Physicion, vnto whome I referre the iudgement of the sykkenes, foꝛ the cause afore reherſed, and foꝛ as moche as the iudgement of them is very subtyll.

C Semblably of oꝛdure, whyther it be very thin oꝛ very thicke: what other matter yssueth out with it, what colour it is of, the sauour very great, lytell oꝛ none, if it were easly expulſed, oꝛ peynefully, how oft oꝛ how seldome.

C Moreover of sweat, what colour it is of, and of what sauour, if in tastinge it be salt, sowre, bitter, oꝛ vnſauery.

C Also the vomyte, yf it be of one colour oꝛ many, if it doo smell horribly, of what humoure it had most aboundaunce, yf it were fastinge, oꝛ after meales, if it were peynefull oꝛ easy.

C Likewise spettel, whether it be thicke oꝛ thin, oꝛ myxt with bloude, oꝛ matter corrupt accordyngly of the humour issuyng out at the nose, and if that be bloude, than whyther it be red, watrye, oꝛ blacke.

C Moreover, it maye not be forgotten, to aduertise the Physicion of the diete vsed by the pacient, as well afore the sykkenesse, as in the tyme of the

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Spck enesse, his age, the strength of his body, his
exercyse, and place, where he lengest abode in his
youth, whether it were hye or lowe, watry or drye,
hotte or colde.

This I trust shall be sufficient, to instructe a
phisition: he that desyareth to know moze particu-
larly hereof, let him rede the bookes of Hipocrates
Galene, Cornelius Cellus, Actuarius, Paulus,
and dyuers other late wryters, for this lyttell trea-
tyse maye not receyue it.

The preceptes of the auncient phisition Diocles
vnto kynge Antigonus. Cap. ii.

Ve wyll nowe diuide the body of man in to
foure partes, the head, the boulike, called in
latyn thorax, whiche conteyneth the brest, the sides,
the stomake, and entrayles. The bely, called in la-
tyn venter, conteyneth the panche and the bowels.
Also the bladder, called in latyn vesica, in the whi-
che name is also conteyned the cundytes, by the
which vrine passeth. Whan any dyssease appo-
cheth to the head, these tokens do commonly pre-
cede, swymmyng in the head, head ache, heuines
of the browes, soundyng in the eares, pyrkyn-
ges in the temples, the eyes in the moornyng do
water, or ware dymme, the synellyng is dulle, &
gummes do swelle. Whan thou felest suche to-
kens, forthwith pouрге the head with somewhat,
not with behement medicines, but takinge Ilope
or Organum, and the croppes of them boyle with
whyte or claret wyne halfe a pynthe, and therewith
gar-

gargarise your mouth fastinge, butyll the fleume be purged oute of youre head, this is the easpest medicine in discrasies of the head. It is also very holssome to gargarise the mouthe and brest with hony water, wherinto mustarde is put and myngled, but firste the head must be rubbed with a warme clothe, that the fleume maye easly come out of the head. And if these tokens be neglected, these maner of syckenesses do folowe sone after, bleared eyes, & humour lettynge y sight, cleftes in the eares, swellinges in the neck ful of matter, called the kinges euill, corruptiō of the brain, poses, or reumes, heuynes of the hed, and tooth ache.

Whan the bulke is lyke to suffer any sykenes, it is perceyued by these tokens, all the body is in a sweatte, the bulke most specially, the tunge waxeth thicke, the spettyll is eyther salt or bytter, or choleryke, the sydes and shoulders do ake without any occasion, the patient gapeth often, also there dothe happen moche wakyng, suffocations or lacke of bryeth, thirste after slepe, the mynd is vexed with heuynesse, also the brest and armes are very colde, and the handes doo tremble.

Agaynst these thynges this remedy maye be prouyded. After a moderate soupper, assaye to vomite withoute any medicyne: vomite is also proufytable, whiche meate dothe folowe: He that in suche wyse will vomite, let him eate hastily small radyshe rootes, towneris, rokatte, synuy, or purslane, and drynke after it a greate quantitie of warme water, and prouoke hym selfe to vomite.

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myte. He that setteth lyttell by the sayde tokens, lette hym feare these sykkenesses folowynge, the pleuresie, the sickenes of the lunges, melancolpe or madnes, Sharpe feuers, the transpe, the letargie, inflammation with peringe.

If any sykkenesse be towarde the bealpe, they maye be espied by these tokens, the bealy is fyrste wrapped together, and in it selfe is troubled, all meates and drynkes do seeme bytter in tast, he feleth heuynesse in his knees, a styffenes in his loynes, a wearinesse in all his body without any occasion, a sleppynesse in his legges, with a lyttell feuer, whan thou feleste these tokens, mollifye the bealy, not with medicyne, but with good order of diete, for it is best and most sure, to vse those thynges, wherof lyghtly may ensue none annoyance, in the number of them are betes boyled in water of hony, garlike sodden, malowes, sozel, mercury, and all thynges condite in hony. All these do expel the ordure of the bely: but if any of the said signes dothe moze & moze increase, the lyquour, wherein the seede of *Carthamus*, callyd also *Cnicus*, is boyled, is a plesant & sure medicine. Smal colewortes boyled in a good quantitie of water, the licour therof in measure, ii. pintes, sauyng the thirde parte of a pint, with hony & salt being drunken, shall profite moch. Cicer, & the pulse callid in latin *eryum*, in englishe I suppose chittes) in water drunk fasting, hath the same effect. To them, which set lyttell by the said tokens, these diseases do sodenly happen, Fluxe of the bealy, bluddy fluxe, Oppernes of the bowels

bowels, peines in the guts, ache in huckle bones, the feuer terciane, the gowte, the apoplexie oꝝ palsey in the lymmes, hemoꝝoides, akinge of ioyntes.

¶ Whan the bladder is towarde any sickenes, it is perceyued by these tokens, fulnesse felt after lytell meat, brekinge wynde downe warde and bywarde, palenesse of colour in all the body, heuy oꝝ troublous sleapes, the bryne pale, and passynge forth peynefully, swellynge about the coddies & priuy members. Whan these tokens appere, than is it expedient to haue remedy of odoꝝiferous thinges, whiche do expell brine, whiche shall be done without any peryll with the rotes of fenell & persely stieped one oꝝ two dayes in good white wyne, and to drinke therof fastinge euery morning thre ounces and two drames, with the water of wilde carettes, oꝝ elycampane, which of these is next at hande, euery of them haue lyke effect. Also water wherein the peasyn callyd in latyne Ciceres, are stieped, beyng drinke with wyne, is lyke commodious: he that neglecteth the sayde tokens, let him loke foꝝ these syckenesses folowynge, the dropsy, the greatnes of the splene, grieve in the lyuer, the stone, ache of the backe, oꝝ peynes in the raynes, the difficultie of brine, fulnesse of the bely. In all these thinges that we haue spokē of, we shal giue to childeꝝ most easy medicines, to men, those whiche be stronger in workinge.

¶ This diete of Diocles, although at this tyme it seemeth not mooste pleasaunt, noꝝ accordynge to the practyse nowe vsed, yet beyng tempered with
 b that,

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that, which I haue before remembred, some thing may be founde in it, which being experienced, may be as commodious for the helth of mans body, as that Diete, which is more curpous or pleasaunt.

Of them in whose stomakes meat is corrupted. Cap. 12.

They in whome customably meate is corrupted, let them afore that they eate any meate, assay to vomyte, Drunkynge swete wyne, absteyne from meate, that ingender botches, inflammations, fumous ructuations or vapours, and take suche as nourysh good iuyce, and chose them out which do mollify the bely. At sundry tymes take them. It is also good to take temperatly þat which lowseth the bely, as the medicine called Pice and to absteyne from suche thinges, wherby yll iuyce is gathered, and do ingender sykkenesses, harde to be cured or neuer, as goutes, boneache, peynes of the raynes &c.

Of the vertue of meates. Cap. 13.

He that is studious aboute the conseruation of healthe, he nedeth to knowe the vertue of meates. The meate whiche hath vertue to extenuate, or make humours subtylle, it openeth the poores, and byngeth forth that whiche is faste in the fleshe, it maketh that whiche is clammye, subtylle, and doethe extenuate, or relent that whiche is fatte, it byngeth forth that whiche abideth longe in the bealy, but that whiche is eaten, is a superfluitie watry and coleryke, and
at

Orbasius
de medici
na simpli.

at length maketh melancolyke bloude. Wherfoze moche vsinge of them is prohibited specialle to them, that are coleryke, and only serueth for them that are replete with fleume, crude, or vndigested humours, clainny or fatte. The diete of fattyngge thinges, dothe nourishe abundantly, soo that the stomake and lyuer do dygest well: meate of good iuyce, maketh good bloude, but yet it stoppeth the lyuer and splene. These do they, whiche make fat humours onely, as the poulse callyd Lenticule, and they that are slymy lyke malowes, some do make fat humours, & be also slymy, as fishes with hard shelles. Fynally the diete, whiche doth extenuate and make leane, is moze sure for keepng of helth, than that whiche fatteth moch. Nozishinge meates wold be therfoze moderately vsed, whan a mā perceyueth hym selfe to haue nede therof, it maye be most surely vsed of them that be exercised temperately, and can slepe whan they lyst. They that can not slepe by reason of exercise, lette theym eschewe fattyngge meates, lette none ydelle persone attempte to vse theym. In the preservation of helth, Suggardy is the greatest mischiefe. Lyke as the temperate mouinge is good, so is the meat whiche betwene thicke and thynne, is to mannes helth most conuenient, which ingendreth bloude, according to the competent constitution of mans body, & therfoze is it to be chiefly vsed. Meate of yll iuyce is alway noyfull, wherfoze it ought to be eschewed. Lykewyse the varietie of meates is to be obserued diligently, for it is a great thynge to

couple wel together thinges of contrary vertues,
foz if they be not well digested, that whiche is re-
ceyued, may brynge displeasure.

¶ A diete preservative in the tyme of pe-
stilence. Capitulo. 14.

Marsilius
Sicinus.

The bodie most apte to be infected, are speci-
ally sanguine, next colerike, thā fleumatike,
laste melancolyke. foz in them the humour beinge
cold and drye, is most vnapt to receyue putrifa-
ction, hauinge also straye passages, by the which
venim must passe. The diet conuenient foz þ tyme
is to absteyn frō meates, inflamīg & openīg þ pores
also from the heat of the sonne, frō to moch heate
of fire, oꝝ garmentes, from very hot herbes, & mo-
che vse of tart thinges, except onions and cikoꝝp,
oꝝ radishe with vineger. foz they do resist against
venim, from wyne very fumishe, exercise inconti-
nent after meales, from sweating, from al thingis
that wyll cause oppilations & putrification, from
thinges hot & moist, where moysture hath the do-
minion in degrec, specially beinge not sufficiently
boiled: also from milke, except it be in a litle qua-
tite, & that with a litle sugat. Frutis & herbis cold
& dry, & ther with soure oꝝ somewhat bitter, are not
prohibited. If ye eate figges, grapes, oꝝ swete che-
ries, eate after them of an oꝝenge with salt. If ye
eate thinges cold & moyst, as cucubers, melones,
fyshe soft and freshe, oꝝ damspyns, eate by and by
after some fenel, and oꝝenge with salt, dꝝynkynge
ther with a draughte of good wyne. Beware of
muche-

mucherons, moch purslane, gourdes, and al other
thinges, whiche wpll sone putrifie : not withstan-
dinge, I wpll not forbpd eatinge of lettysse, with a
fewe myntes, oꝛ myxt with cynamom. All thinges
sowꝛe are commendēd, aswel in diet conseruatiue,
as in that whiche is curatiue oꝛ healeth, excepte
where there is straytnesse of the bꝛeste, oꝛ weakē-
nes of the stomak, than ought they to be tempꝛed
with sugar, salt, almond milke, cinamom, pepper,
fenell, saffron, egges, and some thing that is fatte
oꝛ vnctuous. Capers ar good to be vled with vi-
neger. Chese very fatte and salt, is not cōmendēd,
no moꝛe is colewoꝛtes, oꝛ any kynde of pulse, ex-
cept chittes : great peason, rapes, noꝛ spynache is
good. Also there be forboden tokat and mustard,
moche wine and egges, except they be eaten with
soꝛell sauce. byneger oꝛ iuyce of oꝛenges : persely
and also patshēpes be good. newe wyne be noꝛ-
full, let the meate be somewhat moꝛe than dꝛynke.
but yet susteyn not to moch hunger noꝛ thꝛyst. be
ware of lechery, of a cloudy wether and close, es-
chewe moche resorte oꝛ thꝛonge of people, wꝛyn-
des commynge from fennes oꝛ moꝛes, from slepe
at none : vse with your meate this poulder, san-
ders redde, halfe an ounce, cynamom thꝛe dꝛam-
mes and a halfe, saffron halfe a dꝛamme. After
your meate, eate a lyttell of coriander sede, welle
prepared. In the moꝛnyng, at a temperate fyꝛe
kenbe your hed backward, clense your body and
head of all superfluities : vse also moderate fri-
cassies, with swete perfumes, and odours, walhe

oftentimes your face and handes with pure vy-
 negar myxt with rose water. In cold wether myxt
 it with myntes, baulme, rue, or myrtes, and some
 tyme cloues. In hotte sommer with roses or vy-
 olletes. Aboue all thynges vse to take whyte wine
 good, white vynegar rosette, water of roses, in e-
 quall porcions, put therunto a lyttel setuale, or of
 the rinde of a citron, and dlynke therof a lyttell,
 and oftentimes washe therewith your handes and
 bysage. Medicines p̄seruatiue agaynst the pe-
 stilēce, which be alway most redy, at these, a figge
 with rue, and a wal nutte eaten fastynge, also tri-
 akle, or mithridate, to old men a dramme weight,
 to yonge men halfe a dramme, or a scruple dissol-
 ued in vynegar and rose water, or in water of coz-
 mentill, scabiose, or balme, if the plage be in som-
 mer: if it be in wynter, putte to the waters some
 white wine. Also the pilles callyd comonly Pillule
 Rasie, but in dede they were inuented by Rufus)
 are very excellent, specially if the aloē, whiche is
 in it, be washed, and therevnto added a lytel Bolus
 armenus, or terra sigillata, And if the person be of hot
 complexion, a quantitie of sozell sede, and red co-
 rall, this confectioned with syrope of cytrons, in
 cold complexions, or to old men with white wyne,
 vse them euery thyrdd day one pille at a time, thre
 houres or foure afoze diner or supper. If ye take
 triakle or Mithridate, absteyne from meate at the
 least syr houres after. A pece of the rote of setual,
 bozne in the mouth, p̄serueth from infection. In
 likewise doth sozell chewed fasting, and the iuyce
 sucked

sucked downe. To pooze menne, Marsilius was wont to gyue a toste of breade steped in vineger, with a piece of an onyon or retwe. All thinges whiche be cordiall, that is to say, which do in any wise comfote the hart, do resist pestilence, vehement anger, or helynesse, be very pernicious. other more exquisite and costly preseruatiues. I purposely passe ouer, which Marsilius, & other phisitions, do write of abundantly, forasmuch as I desyre to be in this worke compendious. One thing I had almost forgotten, that there is no better preseruatiue, than to fle from the place corrupted, betyme and farre of, and to let none appoche you, that hath made their abode, where the plage is feruēt. Forcouet receyue not into your hous any stuffe, that cometh out of a house, wherin any person hath ben infected. For it hath bene sene, that suche stuffe lyenge in a cofer fast shutte by the space of two yeres, after that the coffer hath be opened, they which haue stande nigh to it, haue ben infected, & sone after haue died. But here I alway except the power of god, which is wonderful, & also mercifull, aboue māns reison or counsell, preseruyng or strikig whom, whā & where it shall like his maiestie, to whom be glory & prayse euerlasting. Amen.

THUS make I an ende of this treatyse, despynginge them that shall take profite therby, to defende it agaynst enuyouse dysdayne, on whome I haue set the aduenture, for the loue that I beare to my countrey: requynginge all honest phisitions to remember, that the intent of my labour was, &

men

THE FORTH E

men and women redinge this warke, and obser-
uinge the counsayles therin, Mulde adapte ther-
by their bodies, to receyue moze sure remedy by
the medicines pzepered by good phisitions in dā-
gerous syckenesses. they keppnge good dyet, and
infourmyng diligentlly the same phisitions, of y
maner of their affectes. passions, and sensible to-
kens. And so shall the noble and mozte necessarpe
science of phisyke, with the ministers thereof, es-
cape the sclaunder, which they haue of long tyme
susteyned, and accordynge to the pzecepte of the
wylse man, be woꝛthely honoured, foꝛasmoeche as
the hyghest god dyd create the phisition, foꝛ māns
necessitie, And of the earth created medicine, and
y wylse man shall not abhoꝛe it. Thus fare ye wel
gentyll reders, and foꝛget me not with your good
reporthe, and praye to God that I be neuer wars
occupied.

LONDINI in ædibus Thomæ Berthe-
leti typis impress.

Cum priuilegio ad imprimen-
dum solum.



